

DAY 4 – A Stewarded Body

SCRIPTURE TO READ:

1 Corinthians 10:31; Daniel 1:8

(Optional Additional Reading: Proverbs 3:5–6; Philippians 4:11–13)

THINK IT THROUGH:

Stewardship is an act of worship. It's the daily decision to honor God with the body He entrusted to you. Paul reminds us, "Whatever you eat or drink, or whatever you do, do all to the glory of God."

That means every meal, every hour of rest, every decision about how we move or care for ourselves carries spiritual significance. God isn't after perfection; He's after partnership. When we choose balance over excess, discipline over comfort, and gratitude over guilt, we begin to see our physical health as part of our spiritual obedience. A steward doesn't chase control—he manages with trust, knowing the body belongs to God and was given for His purposes.

PUT IT INTO PRACTICE:

Pick one area of your physical life—food, rest, or activity—and invite God into it. Ask Him to help you honor Him with small, sustainable choices this week.

PRAYER FOR TODAY:

"Lord, help me to steward this body with wisdom and gratitude. Teach me to see every decision about my health as a way to glorify You." Amen.

GO FURTHER

Invite a friend or family member to take one health step with you this week—community strengthens consistency.



East Auburn Baptist Church

