

DAY 3 – A Strong Body

SCRIPTURE TO READ:

Ephesians 6:13; 1 Timothy 4:7–8

(Optional Additional Reading: Romans 12:13)

THINK IT THROUGH:

God calls His people to be ready—to stand, to serve, to move when He says move. That’s why strength matters. It’s not about muscle; it’s about mission. Sometimes God calls us to something physical—a task, a trip, an act of service—and we realize we’re not ready because of how we’ve treated our bodies. God doesn’t want guilt; He wants readiness. When Paul compares believers to soldiers, athletes, and farmers, he’s describing people who train with purpose. Strength is simply the result of consistent stewardship.

PUT IT INTO PRACTICE:

Ask yourself, “If God asked me to serve physically in a specific way—help someone move, volunteer for a project, travel on a mission—am I ready?” If not, choose one small habit this week that builds strength and stamina for obedience.

PRAYER FOR TODAY:

“Lord, make me strong enough to do Your will. Help me discipline my body so I can be available when You call.” Amen.

GO FURTHER

Replace one sedentary moment today with movement. Use that time to pray for strength, not fitness.



East Auburn Baptist Church

