

DAY 5 –A Showcased Body

SCRIPTURE TO READ:

Matthew 5:16; Romans 12:2

(Optional Additional Reading: *Philippians 2:14–16; 1 Peter 2:12*)

THINK IT THROUGH:

The Church is called to be a living example of surrender. The world sees how we live long before it hears what we believe. When our lives are marked by balance, joy, and self-control, it says something powerful about the God we serve. Our “body image” isn’t personal—it’s corporate. We are the body of Christ, and when we live surrendered, the world gets a clearer picture of Him.

PUT IT INTO PRACTICE:

Think about one area of your physical life that could become a better testimony—your pace, your habits, your energy. Ask God to make that area a reflection of His grace this week.

PRAYER FOR TODAY:

“Jesus, let my life display Your glory. Use this body to show others Your goodness, discipline, and love.” Amen.

GO FURTHER

Encourage someone who’s taking small steps toward health or balance—affirm the work God is doing in them.



East Auburn Baptist Church

