

DAY 2 – *Spiritual Health Begins in the Heart*

SCRIPTURE TO READ:

Romans 12:3

(Optional Additional Reading: Proverbs 4:23; James 4:6–10)

THINK IT THROUGH:

Spiritual health doesn't begin with behavior—it begins with the heart. Paul starts with a warning about pride because nothing poisons spiritual health faster than self-importance. A surrendered spirit learns to think soberly—to see ourselves clearly through the lens of grace. Pride tells us we're strong enough on our own. Shame tells us we're too broken to be useful. But grace tells the truth: we are fully dependent and deeply loved. When the heart embraces that balance, it becomes healthy—humble, teachable, and at peace. Spiritual health begins where pride ends and gratitude begins.

PUT IT INTO PRACTICE:

Take a few minutes to examine your inner thoughts today. Ask yourself: **“Where am I relying on my own strength, and where am I trusting God's grace?”** Write down one phrase that captures what a “sober” view of yourself would sound like—something like “I am weak, but He is faithful.” Keep that phrase visible and repeat it when pride or insecurity tries to take over.

PRAYER FOR TODAY:

“Lord, teach me to think soberly—not higher or lower than I should, but truthfully through Your grace. Heal the parts of my heart that crave control or validation, and replace them with humility and gratitude.” Amen.

GO FURTHER

At some point today, affirm someone else's gift or effort. Encouraging others is one of the quickest ways to quiet pride and nurture a healthy spirit.



East Auburn Baptist Church

