

DAY 1 – A Sacrificed Body

SCRIPTURE TO READ:

Romans 12:1

(Optional Additional Reading: Romans 6:13; Hebrews 13:15–16)

THINK IT THROUGH:

When Paul says “present your bodies,” he’s not just talking about belief—he’s talking about living faith. Our bodies are where obedience happens. Every choice, every act of service, every moment of compassion passes through the physical. God wants us to offer every part of who we are, not just our words or intentions. Presenting your body means saying, “Lord, my life is Yours to use—however, whenever, and wherever You choose.”

PUT IT INTO PRACTICE:

Pick one ordinary part of your daily routine—your commute, your workout, or even making breakfast—and tell God, “This is Yours today. I’m doing it as worship.”

PRAYER FOR TODAY:

“Lord, help me see my body as an instrument of worship. Let everything I do today—big or small—reflect my surrender to You.” Amen.

GO FURTHER

Each morning this week, recite Romans 12:1 as a prayer before your day begins.



East Auburn Baptist Church

