

DAY 3 – *Healthy Faith Serves the Body*

SCRIPTURE TO READ:

Romans 12:4-8

(Optional Additional Reading: Ephesians 4:11–16; Galatians 5:13–14)

THINK IT THROUGH:

Spiritual health never stays private. A healthy spirit overflows into healthy community. Paul reminds us that the body of Christ thrives when each member surrenders their gifts to God's purpose. Spiritual maturity isn't about having every gift—it's about using the one you've been given in humility and love. When we stop comparing and start contributing, the body grows strong. Spiritual health is a team effort: one faith, many functions, all grace. You'll know you're spiritually healthy when you find joy in serving, not in being seen.

PUT IT INTO PRACTICE:

Make a short list of the ways God has equipped you to serve—skills, experiences, passions. Then write one simple way you can use one of those gifts this week to bless someone in the church. Maybe it's encouragement, hospitality, prayer, or practical help. Circle one action and do it.

PRAYER FOR TODAY:

"Father, thank You for placing me in Your body. Forgive me for the times I've compared my gifts instead of using them. Show me where and how to serve Your people faithfully this week." Amen.

GO FURTHER

Take time this week to thank someone who has served you quietly and faithfully in the church. Gratitude builds unity—and unity keeps the body healthy.



East Auburn Baptist Church

