

# Romans Twelve

Jesus > Anything

1/12

## Scripture

Romans 12:1

**"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable."** →

## Prayer

Lord Jesus

*Please help me to treat my body as a holy temple, dedicated to serving You and doing good works. Please help me take care of my body and use my physical abilities to glorify You. I love You, Lord. Amen.*

There's this extremely unbiblical notion in the world that our bodies belong to us. As such, we see people doing all sorts of terrible things with and to their bodies. If you look at Scripture, Romans 12 begins with an exhortation to give our bodies to God. What does that mean? Well, for starters, let's consider that He made our bodies. Knowing God specifically designed me is incredibly encouraging. No matter what others say about our bodies, no matter what we think about our bodies, God loves us and He created us. He gets the final say. But this verse goes one step further. Since God created our bodies, we should in turn use them to glorify God. Yes, this means not engaging in sinful practices with our bodies. It also means taking care of our bodies and using our physical strength to glorify Him. We can use our bodies in countless ways, from sports to manual labour to serving Him in the community. Our bodies are an awesome gift from the LORD, and I for one want to steward mine and sacrifice it for His glory.

written by Samuel James

## Action Steps

1. Ask God how He wants to use you for His Kingdom.
2. Confess any insecurity you have about the body God has given you.
3. Thank God that we are so beautifully and wonderfully complex.
4. Pray for a desire to steward what you've been given.

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