

5-Day Devotional: Living as Faithful Stewards of God's Temple

Day 1: You Are Not Your Own **Reading: 1 Corinthians 6:18-20** **Devotional:** The profound truth that "you are not your own" transforms everything. You were purchased at the highest price—the precious blood of Christ. Your body is not merely flesh and bone; it is the sacred dwelling place of the Holy Spirit. This reality calls you to a higher standard of living. Every choice you make with your body—what you consume, how you treat it, the relationships you pursue—becomes an act of worship or rebellion. Today, pause and consider: are you honoring the One who owns you? Sexual purity, physical health, and moral integrity are not burdensome rules but pathways to glorifying the God who redeemed you. Live as one who belongs to Another.

Day 2: Fearfully and Wonderfully Made **Reading: Psalm 139:13-16** **Devotional:** Before you took your first breath, God knew you intimately. He wove you together in the hidden place, crafting every detail with intentional love. You are not an accident or a random collection of cells—you are a masterpiece of divine design. When you struggle with self-image or feel inadequate, remember this: the Creator of the universe calls His work in you "wonderful." Your body, with all its uniqueness, was formed by His hands for His purposes. Every day ordained for you was written in His book before time began. This truth should fill you with wonder and responsibility. Care for this temple not out of vanity, but out of reverence for the Artist who made you.

Day 3: Living Sacrifices **Reading: Romans 12:1** **Devotional:** Ancient sacrifices were slain and placed on altars; you are called to be a living sacrifice. This is harder. A living sacrifice can crawl off the altar. Paul urges you to present your body—your daily choices, habits, and actions—as an ongoing act of worship. This is your "spiritual service," your reasonable response to God's overwhelming mercy. Holiness isn't achieved through isolated spiritual moments but through the mundane stewardship of your physical life. What you eat, how you rest, your exercise habits, your sexual conduct—all become worship when surrendered to God. Today, climb back onto the altar. Offer Him your body afresh, recognizing that true worship extends beyond Sunday morning into every moment of embodied existence.

Day 4: The Call to Holiness **Reading: 1 Thessalonians 4:1-8** **Devotional:** God's will for you is crystal clear: holiness. In a culture that celebrates sexual freedom and self-gratification, you are called to something radically different. Abstaining from sexual immorality isn't about restrictive religion; it's about honoring the God who designed sexuality for the covenant of marriage. Learning to control your body "in holiness and honor" is spiritual warfare against a world driven by lustful passion. This isn't merely rejecting human wisdom—it's embracing God's design. When you reject these commands, you reject God Himself and grieve the Holy Spirit dwelling within you. The Lord will avenge those who exploit others sexually. Stand firm. Your holiness proclaims that you belong to a different kingdom, serve a different King, and live by a different standard.

Day 5: Godliness Above All **Reading: 1 Timothy 4:7-8** **Devotional:** Physical fitness has value—but limited value. You can have a perfectly sculpted body yet possess a malnourished soul. Paul's words provide crucial balance: train yourself for godliness. While caring for your physical temple matters, spiritual health holds promise for both this life and the one to come. You are a triune being—body, soul, and spirit—and neglecting any dimension affects the whole. The person who obsesses over physical appearance while ignoring their spiritual condition has missed the point entirely. Conversely, neglecting your body while claiming spiritual devotion dishonors God's temple. Pursue holistic stewardship. Exercise your body, but train your spirit even more diligently. Nourish yourself physically, but feast on God's Word. Remember: you will stand before Christ to give account of your stewardship. Make it count for eternity.