

5-Day Devotional: Honoring God with Our Temple



Day 1: You Are Not Your Own

Reading: 1 Corinthians 6:19-20

Devotional: Your body is not merely yours to do with as you please—it is sacred ground where the Holy Spirit dwells. God purchased you at the highest price through Christ's sacrifice, making you His treasured possession. This truth transforms how we view every decision about our health, habits, and lifestyle. When we realize we are stewards rather than owners of our bodies, accountability replaces autonomy. Today, consider one area where you've been living as if your body belongs only to you. Surrender that area to God's lordship. Remember, honoring God with your body isn't legalism—it's love responding to the One who loved you first and gave everything for you.

Day 2: Living Sacrifices

Reading: Romans 12:1-2

Devotional: Worship extends far beyond Sunday morning songs—it encompasses how you treat the body God has entrusted to you. Presenting your body as a living sacrifice means daily choices that honor God: what you eat, how you rest, whether you exercise, and how you manage stress. This isn't about perfection but about intention and direction. Paul calls this our "reasonable service"—it's the normal, expected response to God's mercy. The world pressures us to conform to unhealthy patterns, but transformation begins when we renew our minds to God's truth about our bodies. What one practical step can you take today to present your body more fully to God? Your physical health directly impacts your spiritual effectiveness and your ability to serve others well.

Day 3: Abundant Life Requires a Healthy Temple

Reading: John 10:10; 3 John 1:2

Devotional: Jesus came to give you abundant life, not merely existence. Yet many believers settle for spiritual strength while neglecting physical health, not realizing these dimensions are interconnected. John's prayer for Gaius reveals God's desire: that we would be as healthy physically as we are spiritually strong. Your body houses your spirit—when your temple is neglected, your capacity for ministry diminishes. Consider this: God may be withholding certain blessings because you're not physically prepared to steward them. The enemy doesn't need to attack you if you're destroying yourself through poor choices. Today, ask God to show you where physical neglect is

limiting your spiritual fruitfulness. Remember, taking care of your health isn't vanity—it's stewardship that positions you for greater kingdom impact.

Day 4: Freedom with Responsibility

Reading: [1 Corinthians 10:23-33](#)

Devotional: "I have the right to do anything," Paul writes, but not everything is beneficial or constructive. Christian freedom isn't license for self-destruction—it's liberty to honor God fully. Your dietary choices, sleep habits, and lifestyle decisions either glorify God or diminish your witness. Beyond personal impact, others are watching and depending on you. Your children need you healthy. Your spouse needs your vitality. Your church needs your energy. Your unbelieving friends need to see that following Christ produces wholeness, not just religious duty. When you exercise discipline over your appetites—whether for sugar, screen time, or sedentary living—you demonstrate that Christ is truly Lord. Today, identify one freedom you possess that isn't benefiting you or others. Choose to limit that freedom for God's glory and others' good.

Day 5: Someone Is Depending on You

Reading: [Galatians 5:13-14; Philippians 4:13](#)

Devotional: You can do all things through Christ who strengthens you—including making the hard choices to care for your temple. If you won't prioritize your health for yourself, do it for those who need you: your family, your church, your community. Every premature health crisis caused by neglect is partly an act of selfishness, leaving others to bear consequences of our choices. Love your neighbor as yourself by loving yourself enough to steward your body well. The truth is, no one can take care of your temple for you—this is your responsibility. But you don't do it alone; Christ provides the strength for every healthy choice. Today, commit to one specific change: drinking more water, getting adequate sleep, reducing sugar, or starting to move your body. Do it remembering you're not just improving your health—you're positioning yourself to love and serve others more fully for years to come.