

Come Alive The Role Of The Body In Spiritual Development

1. Understand who you are

2. Understand _____

Romans 8:11 *And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.*

3. How can I experience _____ in my body?

a) _____

Romans 12:1 *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.*

Romans 5:1-2 *Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand.*

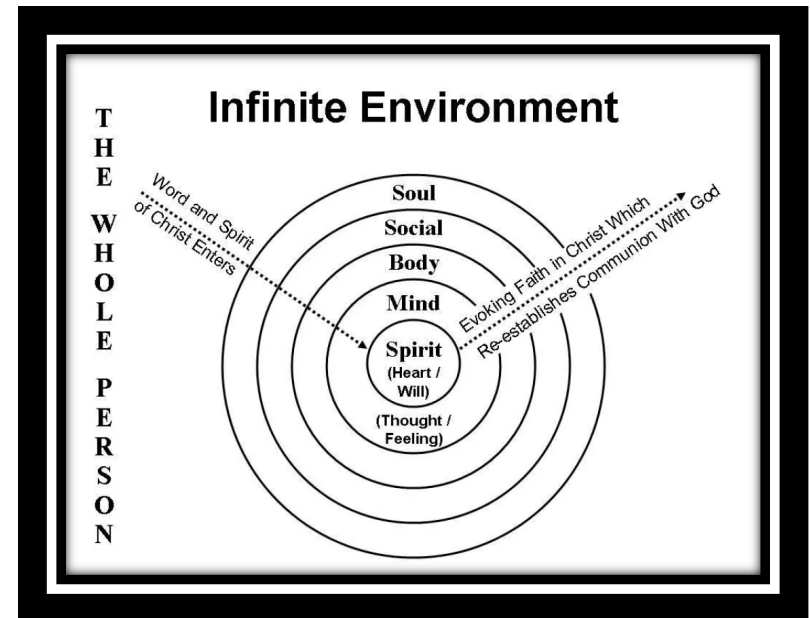
b) _____

1 Corinthians 6:19-20 *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.*

c) _____

1 Corinthians 9:27 *I discipline my body like an athlete, training it to do what it should.*

Romans 6:12-13 *Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.*



1 Corinthians 6:20 *You were bought at a price. Therefore honor God with your bodies.*

Colossians 3:5 *Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.*

2 Corinthians 4:10 *We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.*

Colossians 1:29 *To this end I strenuously contend with all the energy Christ so powerfully works in me.*

Proverbs 14:30 *A heart at peace gives life to the body, but envy rots the bones.*

1 Corinthians 6:19-20 *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.*

God, my Father and King,

I bring my whole self before You now — open, yielded, and willing.

HEART / WILL

I surrender my will to Yours. May Your desires become my desires.

I let go of the illusion of control, and I say yes to Your rule in my life.

Not my will, but Yours be done — in this moment, and the next, and the next. Teach me to desire what You desire, and to will what You will.

MIND (Thoughts + Feelings)

Renew my mind, Lord. Let every thought be brought captive to Christ.

Shape my imagination by Your Word, and teach me to think what is true, noble, right, pure, and lovely. I yield my emotions to You — my joy, my sorrow, my anger, my fear. May my feelings not rule me, but be ruled by Your peace.

BODY

This body is Yours — My eyes, hands, voice, energy, and strength.

Let me speak only what You would speak, go only where You would lead, and do only what love requires. Let my habits become holy, my time consecrated, my actions aligned with Your purposes.

SOCIAL CONTEXT

In every relationship, Lord — make me an instrument of Your love.

Free me from the need to impress, control, or win. May I forgive quickly, listen deeply, and serve joyfully. Let my presence be a blessing in my home, my work, my friendships, and even among strangers. Help me see each person as You do — full of value, beauty, and eternal significance.

SOUL (Whole Life Integration)

Unify my scattered self in You. Let my life become a whole, surrendered vessel — no compartments, no hiding, no holding back. Let Your Spirit dwell in every corner of my being, and may my soul find its rest in You alone.

I want to live in moment-by-moment surrender to You — to be fully Yours in thought, word, body, and spirit. Take all that I am and form Christ within me. Let me live this day with You, in You, and for You. Amen

Disciplines of Abstinence: These practices help us step away from things that normally control our attention, desires, or behavior.

- **Solitude** — Choosing to be alone, away from people and responsibilities, so we can be fully present with God.
- **Silence** — Intentionally stepping away from noise and talking so we can listen, become still, and stop needing to be heard.
- **Fasting** — Going without food for a time so we learn that our body and its desires do not have to control us.
- **Frugality** — Choosing not to use everything we can afford, so possessions and comfort lose their control over us.
- **Chastity** — Choosing not to let sexual desire dominate our thoughts, identity, or actions.
- **Secrecy** — Doing good without letting others know, so we stop depending on recognition and praise.
- **Sacrifice** — Giving up something valuable for God or others, trusting that God will provide what we need.

Disciplines of Engagement: These practices help us actively take hold of the life and grace God offers.

- **Study** — Focusing our minds on God's truth, especially Scripture, so His ideas and ways reshape our thinking.
- **Worship** — Directing our attention toward God's greatness, goodness, beauty, and worth.
- **Gratitude** — Joyfully recognizing and enjoying God's goodness in our lives.
- **Service** — Using our body, time, abilities, and resources to meet the needs of others.
- **Prayer** — Speaking and listening to God as part of an ongoing relationship with Him.
- **Fellowship** — Sharing life with other believers and joining them in their strengths, struggles, and growth.
- **Confession** — Honestly admitting our sins and failures to God and, when appropriate, to trustworthy people.
- **Submission** — Setting aside our need to control and willingly placing the good of others ahead of our own preferences.

Abstinence disciplines loosen the grip things have on us.

Engagement disciplines help us take hold of life with God.