



HEART CHECK & PRAYER

I Belong to You

1 CORINTHIANS 6:12-20 • 🚢 vv. 19-20

"You are not your own; you were bought at a price.
Therefore honor God with your bodies."

1 CORINTHIANS 6:19-20 (NIV)



HEART CHECK



What is mastering me?

Is there anything I feel unable to refuse, surrender, or live without?



Whose approval am I seeking?

Am I more concerned with being noticed, admired, desired, or accepted by people than with pleasing God?



How do I view my body?

Do I worship it? Despise it? Neglect it? Or receive it as something entrusted to me by God?



Am I fleeing what God tells me to flee?

Have I been trying to manage, justify, or stay close to a temptation from which Scripture tells me to run?



Am I holding God's gifts with open hands?

Has something good—health, appearance, food, money, possessions, relationships, comfort—begun occupying a place in my heart that belongs to God?



Does my life reflect who owns it?

If I truly believe I was bought at a price, where is Christ asking for greater surrender?

THE DEEPER QUESTION

Maybe the question isn't merely:

"Is this wrong?"

Perhaps sometimes the better questions are:



Is it beneficial?



Is it mastering me?



Does it honor Christ?

1 CORINTHIANS 10:31 (NIV)

So whether you eat or drink or whatever you do, do it all for the glory of God."



PRAYER

Father,

Thank You for Your mercy and for the price Jesus paid to redeem me.

I confess that I sometimes treat as mine what ultimately belongs to You. I can seek approval, cling to desires, excuse temptation, or allow good things to occupy too much of my heart.

Search me, Lord.

Show me anything that has begun mastering me. Reveal anything I am worshiping, depending upon, or seeking from others instead of You.

Teach me to see my body neither as something to worship nor something to despise, but as something You have entrusted to me.

Give me courage to flee what draws me away from You and wisdom to steward Your gifts with open hands.

My worth is not found in my appearance. My identity is not found in people's approval. My freedom is not permission to belong to myself.

*I belong to Jesus.
You bought me at a price.*

So take my body, my desires, my choices, my attention—all of me—and let my life honor You.

In Jesus' name, Amen.

"I BELONG TO YOU."



REMEMBER



I am not my appearance.



I am not people's opinion of me.



I am not what I possess.



I am not what once mastered me.

I AM CHRIST'S.

1 CORINTHIANS 6:20 (NIV)

You were bought at a price. Therefore honor God with your bodies.



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