



DEVOTIONAL PRESENT YOURSELF TO GOD

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“Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable act of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

Romans 12:1-2

The first verse refers to the body and the second to the mind. They are connected. Your mind and your body. We can't let the world determine how either one works.

Our bodies are vessels for God to use and accomplish His work. They need to be healthy and strong so that

we can complete the mission we've been given.

Our minds need to be set on things above and not on things here that distract. We cannot be comparing ourselves to others. We can't be seeking diets and quick fixes to get a body that looks like a magazine cover.

God wants all of us. He wants us to believe the words He's written about our bodies and who we are in Him.

He wants us to care of our bodies and treat them with respect by exercising them and feeding them healthy foods as well as appreciate how we are uniquely made.

I find one way that I can present my body to Him in worship is to make my daily workout an act of worship. I've always referred to my early morning run as my holy ground. It's when I meet with Him. I pray. I clear my mind. I listen for His voice. So many thoughts, answers, inspirations have come to me while I'm out on a run or a bike ride, just me and Him. Many of these entries and much of what I've ever shared in an email or blog posts begins during a workout. It's a time when I feel close to Him.

How can you present yourself to Him as an act of worship? When do you feel closest to Him? Where is your holy ground?

Prayer: Lord, help me see that my body and mind belong to You. I come before You and present myself to You. Even though I may see myself as imperfect, You see me as perfect. You desire communion with me. Here I am Lord. Please use me. Amen.

Action Step: Approach your workout today as an act of worship. Play Christian music. Pray. Listen. Commit that time to Him.