

Week 29

*I appeal to you therefore brothers, by the mercies of God to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.
Romans 12:1-2*

Or do you not know that your body is a temple for the Holy Spirit with you whom you have from God? You are not your own for you were bought with a price. So glorify God in your body. 1 Cor. 6:19-20

But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. 1 Cor. 9:27

Day 1 - Pray that Holy Spirit inspires your husband to take care of his body; to consider what he eats, how he may abuse his body by not accepting help, doing too much, or taking in too many bad things for his health (i.e. sugar, preservatives, artificial ingredients, and the different variations of substance abuse). Help him to understand that by taking care of his body, he is worshiping God, by denying himself and taking care of God's temple.

Day 2 - Pray that your husband realizes his value to the God of the universe; that God gave His only Son and that Christ's sacrifice of both changing the dynamics of the Trinity through leaving heaven and taking on the flesh of humanity and by going through the torturous life and death of His sacrifice, it was out of a total and complete, accepting love of him. The Trinity made this sacrifice to reconcile him into grace and eternity. Pray he understands the love and the full extent this sacrifice means for him.

Day 3 - Pray that God live through you to love your husband and demonstrate this sacrificial love through your journey together. Pray that you find strength to walk alongside your husband to create a healthy environment with healthy meals and exercise as a part of your routine as you worship God with your bodies.

Day 4 - Pray that the Holy Spirit inspires your husband to control his carnal urges whether it involves food or other detrimental activities he may be prone to. Pray that God gives him a passion for other activities to fill his heart, mind, and soul to honor God with all aspects of his life.

Day 5 - Pray that you both remember daily to surrender to God and remember that whatever you do, that God helps you remember to only do what glorifies the Him.