

## **High Maintenance**

### **Ready:**

For you were bought at a price; therefore glorify God in your body.—1 Corinthians 6:20

### **Set**

I'll admit it . . . I love to watch NASCAR. I am fascinated by the speed of the cars and the drivers who work all week to prepare for a race every Sunday. What would happen if they just came to the track on Sunday without doing anything to their cars all week? Or what if they let some other carmaker try to use outside parts on their car? They would do poorly and probably wouldn't finish the race. These cars are high-maintenance, bought and conditioned as finely-tuned machines to perform at peak abilities when it is time to go.

In the Bible, Paul teaches us about staying away from things that will hinder our usefulness to God. We are created to keep our bodies pure and available for God's service and glory. If we misuse our bodies through sexual sin, drugs, excess drinking, overeating, and so forth, we will contradict God's plan for the highly-tuned spiritual instruments He created.

In many ways we are like NASCAR vehicles. We are high-maintenance machines filled with only the finest things to honor Christ. The FCA Competitor's Creed states: "My body is the temple of Jesus Christ." Are we doing all we can to protect it from outside forces that want to take us out of the race of life? Remember, our lives were bought with a price (Christ's death and resurrection), and we must honor Him. Today, may God's Word fuel your life.

### **Go**

1. Do you understand that you are to honor God with your body?
2. What are you putting into your body throughout the season, off-season?
3. What changes can you make to keep your body physically and spiritually in top shape to better serve Him?

### **Workout**

1 Corinthians 3:16; Philippians 1:20; 1 Peter 1:18-19

### **Overtime**

Lord, as I race for You today, help me to maintain my body so that it may run efficiently and

effectively for You. Amen.



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