

## Living Sacrifices

n/a

### **Ready:**

"Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God." –Romans 12:1-2

### **Set**

Sacrifice is something most people never even consider, let alone complete. Let's consider what it is to be a living sacrifice.

At the time of this writing by Paul, sacrifices were usually killed and laid upon an altar to be burned. The problem with "living sacrifices" is that they tend to crawl off the altar when it gets a little hot. We start with good intentions of making a sacrifice for our teammates, our family, or career, but when it gets uncomfortable we often snatch the sacrifice from the altar and lose the reward that comes from faithfulness.

The good news is that God's grace enables us to offer our very bodies in daily service to Him. He calls it holy, pleasing service that is a spiritual act of worship. We must let God's grace move us to sacrifice whatever it takes to pursue a life "holy and pleasing" to Him.

### **Go**

1. What sort of sacrifices have you made for your athletic career?
2. What have you given up to pursue a life of athletics?
3. Has it been worth it? Why?
4. How is your daily life as a competitor true worship of Christ Jesus?

### **Workout**

1 Peter 1:14-16

### **Overtime**

Heavenly Father, I ask for Your forgiveness for the times I have failed to place myself and remain on the altar. I want a lifestyle that is pleasing to You and brings glory to Your name. Show me how to offer my body as a living sacrifice today—a sacrifice that is "holy and pleasing" to You. Renew my mind today so that I may discern what is good. Amen.

**Bible Reference:**

1 Peter 1



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