



5-Day Devo

for Individuals and Groups

based on

**Church in the City, Chapter 6 |
The Spiritual Mystery of Sex**

Pastor Brady Boyd
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Day 1 | Understanding Our Bodies as Temples

Devotional Today, let's reflect on the profound truth that our bodies are temples of the Holy Spirit. This means that our physical bodies are not separate from our spirits and souls. When we understand this, it changes how we view our actions, especially regarding sexuality. Our bodies are meant to glorify God, and this includes how we handle our sexual desires and relationships. By recognizing that we are carriers of the Spirit, we can begin to make choices that honor God and reflect his holiness.

Bible Verse "Do you not know that your body is the temple of the Holy Spirit?" 1 Corinthians 6:19

Reflection Question How does knowing that your body is a temple—a place of worship—of the Holy Spirit change your perspective on your actions and choices?

Point to Ponder Our physical bodies are not separate from our spirits and souls. What we do to one affects the other.

Prayer "Lord, help me to see my body as your temple. I want you to feel at home in me! Guide my actions and choices so that they honor you. Fill me with your Spirit and give me the strength to live in a way that reflects your holiness. Amen."

Day 2 | Fleeing from Sexual Immorality

Devotional Sexual immorality is a sin that affects us deeply, both physically and spiritually. It is a sin against our own bodies, which are meant for the Lord. When we engage in sexual immorality, we not only dishonor God but also harm ourselves. The Bible calls us to flee from sexual immorality and to pursue purity. This means making conscious decisions to avoid situations that could lead to sin and seeking God's strength to overcome temptation.

Bible Verse "Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.: –1 Corinthians 6:18

Reflection Question What steps can you take to flee from sexual immorality and pursue purity in your life?

Point to Ponder All other sins a man commits are outside his body, but he who sins sexually sins against his own body.

Prayer "Father, give me the wisdom and strength to flee from sexual immorality. Help me to make choices that honor you and protect my body, which is your temple. Guide me in pursuing purity and living a life that aligns with your will and your ways. Amen."

Day 3 | The Power of Commitment and Intimacy

Devotional Sex within the context of marriage is a beautiful expression of covenantal commitment and intimacy that reflects God's design and brings us closer both to him and to our spouse. However, sex that avoids this type of commitment and intimacy leaves us broken and more alone than ever. By embracing God's design for sexuality, we can experience the fullness of his blessings and the deep connection that comes from true intimacy.

Bible Verse "The body is not meant for sexual immorality, but for the Lord, and the Lord for the body." –1 Corinthians 6:13

Reflection Question What changes in your thinking or action need to happen for you to more fully embrace God's design for sexuality and experience the blessings of divine commitment and intimacy?

Point to Ponder Sex that avoids covenantal commitment and intimacy robs us of the joy and fulfillment God intends for us.

Prayer "Lord, help me to understand and embrace your design for sexuality, and strengthen my commitment to purity and intimacy within marriage. May my actions reflect your perfect love and bring glory to your name. Amen."

Day 4 | Embracing Our Value in Christ

Devotional We are not our own; we were bought at a price. This means that our value comes from Christ and his sacrifice for us. By recognizing our worth in Christ, we can make choices that honor him and reflect our true value. Embracing our identity in Christ empowers us to live in a way that glorifies God and upholds our dignity.

Bible Verse "You are not your own. You were bought at a price. Therefore, honor God with your body." –1 Corinthians 6:19-20

Reflection Question How does understanding your value in Christ influence your choices and actions?

Point to Ponder When you make sex cheap, you make your *soul* cheap.

Prayer "Jesus, thank you for the price you paid for me. Help me to see my worth in you and always to make choices that honor you. Amen."

Day 5 | Living in Full Color with Jesus

Devotional Surrendering to Jesus brings life in full color. God is not here to hold us down or keep us from fun. Not at all! He wants us to flourish. By following Jesus with all our heart, soul, and mind, we can experience true joy and fulfillment. Let's focus on winning today, making choices that honor God and reflect his love. Embrace the beauty of belonging to the Lord and let your intimate connection with him guide your actions and decisions.

Bible Verse "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" –1 Corinthians 5:17

Reflection Question How can you surrender to Jesus today and experience life in full color?

Point to Ponder When you surrender yourself to this person of Jesus, life becomes a vibrant adventure directed divinely by him.

Prayer "Lord, I surrender to you today. Help me to follow you with all my heart, soul, and mind. Fill my life with your joy and fulfillment. May my actions reflect your love and bring glory to your name. Amen."