

One body, offered to God

Romans 12:1-13

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul call us to offer to God (v. 1)?

What picture shows how believers belong together (vv. 4-5)?

2. What does it show me about people — and about myself?

What gift or role might God have given you in the body?

3. What will I obey this week? (a concrete step, with a day)

How will you love or serve another believer this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Father, I offer you my whole self. Show me how to serve your people in love.
