



The Harness Weekly Devotional

Week Ten

Bible Verse of the Week: 1 Corinthians 9:27

"But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified."

Monday -

Discipline Your Body:

Paul states he actively disciplines his physical body, meaning he engages in practices that exercise control over it. This involves self-control and training, much like an athlete train for a race.

Tuesday -

Bring it Into Subjection:

He emphasizes bringing his body "into subjection," which means making it a slave to his will rather than allowing his body to rule him. The body's desires must be mastered by the spirit and the will of God.

Wednesday -

Lest You Be Disqualified:

The reason for this discipline is to avoid being "disqualified" or "cast away". This is not about losing salvation but about losing one's reward or prize at the judgment seat of Christ.

Thursday -

Avoid Being a Castaway:

The term "castaway" refers to being rejected or disapproved of, not necessarily eternally condemned. Paul feared his ministry could be discredited and his reputation damaged if he succumbed to sin after preaching to others.

Friday -

Focus on the Spiritual Goal:

Paul uses the metaphor of a runner in a race to show that a life of faith requires discipline to win the prize of eternal life and achieve spiritual victory. He is concerned with achieving godliness and Christ-likeness.

Saturday -

Use the Body as a Tool:

By subduing his flesh, Paul makes his body an instrument for God's purpose. His feet can be used to take the gospel to new places, and his eyes can identify needs God can meet through him.