

Bound to Christ: True Freedom in a Culture of Indulgence

1 Corinthians 6:12–20 (ESV)

Student Devotional

This 5-day plan will guide you through Paul’s teaching on how genuine freedom in Christ never excuses careless living. Instead, we’re called to honor the Lord with our bodies, remembering we’ve been “bought with a price.” As you read each day, ask the Holy Spirit to shape your understanding of freedom, purity, and the sacredness of your physical life.

Day 1: Freedom that Doesn’t Enslave

Scripture

“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything. (1 Corinthians 6:12, ESV)

Think About It

Have you ever said, “I can do whatever I want,” only to realize later that your so-called “freedom” was actually leading you into a trap? Maybe you got into a habit—binge-watching, overeating, overspending—that started as a fun pastime but ended up controlling your time, emotions, or even your body. That’s what Paul’s pushing back on here. The Corinthians were shouting, “All things are lawful!” as if grace gave them a blank check. But Paul reminds them that true freedom will never lead you into bondage. Real Christian liberty is measured not by how far you can push boundaries but by what genuinely builds you up—and sets you free to serve God and others.

Pray It

Lord, show me where I might be confusing freedom with something that actually enslaves me. Give me wisdom to choose what’s beneficial, not just permissible. Help me yield my choices to You, so I can truly live free.

Do It

Identify one habit that might be edging toward “enslaving” status—something you struggle to control (e.g., social media, entertainment, or a particular indulgence). Make a small but

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concrete step today to set a boundary. Surrender that area in prayer and ask a friend to keep you accountable.

Day 2: Your Body Isn't Disposable

Scripture

“...The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by his power.” (1 Corinthians 6:13–14, ESV)

Think About It

The Corinthians were acting like their physical bodies didn't matter—it was all about the spirit, right? Wrong. Paul flat-out declares that your body belongs to God just as much as your soul does. He takes it further: your future includes a bodily resurrection, just like Jesus'. Think about it—if God plans to raise your body to life again, doesn't that mean He cares how you treat it now? We often compartmentalize faith to “spiritual” stuff like prayer or worship, but Paul rejects that divide. Everything you do—eating, exercising, forming sexual boundaries—is spiritual because you're made for the Lord, body and all.

Pray It

Jesus, thank You for caring about every part of me, not just my soul. Help me see my body as a precious creation You intend to raise in glory. Prompt me to make daily choices—small and big—that reflect the dignity of my future resurrection.

Do It

Choose one practical way to honor the Lord with your body today—maybe it's a mindful, healthy meal, getting enough rest, or skipping entertainment that dishonors God's design for sexuality. Let each decision remind you that your body is for the Lord.

Day 3: One Spirit with the Lord

Scripture

“Do you not know that your bodies are members of Christ? ... He who is joined to the Lord becomes one spirit with him.” (1 Corinthians 6:15, 17, ESV)

Think About It

Picture Jesus walking side by side with you wherever you go—every text message you send, every show you stream, every website you visit. Because Paul says your body is literally a “member” of Christ’s body, there’s no real “alone time” to do whatever you want without Him. This isn’t meant to shame you but to elevate how deeply you’re connected to Jesus. If you belong to Him, then your physical actions involve Him too. Paul’s big point is that sexual acts aren’t just bodily transactions—they involve your whole being, which is already fused (“one spirit”) with Christ. So your lifestyle and choices reflect this union. Maybe that feels intense, but it’s also incredibly powerful: you’re never alone, and you don’t fight temptation solo. You’re linked with a Savior who loves you and empowers you to live honorably.

Pray It

Lord Jesus, help me grasp the reality that I’m united with You—body, soul, spirit. Let that truth guide my actions and keep me from choices that would dishonor You. Thank You for never leaving me alone, even in my struggles.

Do It

Next time you feel pulled toward a questionable choice—maybe a TV show or a physical boundary you’re tempted to cross—pause and remind yourself: *I’m one with Christ*. Reflect on how that union might affect your decision and pray for strength to choose what aligns with your true identity.

Day 4: Flee, Don’t Flirt

Scripture

“Flee from sexual immorality. ... You are not your own, for you were bought with a price.” (1 Corinthians 6:18–20, ESV)

Think About It

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“Flee” is a strong word, right? Paul doesn’t suggest we politely tiptoe around sexual temptation or see how close we can get without crossing the line. He says run for your life! That’s because sexual immorality (porneia in Greek) can entangle us in unique ways, bonding us physically and emotionally in ways that dishonor God’s design. But Paul also grounds his command in a beautiful reality: you’re not your own; you were bought at a price. Jesus paid for you with His blood, redeeming every part of you. When we see ourselves as God’s precious possession, “fleeing” is no longer about fear—it’s about preserving what He treasures: you.

Pray It

Father, help me take sin seriously, especially sexual temptation. Give me the wisdom and courage to flee rather than flirt with it. Thank You for paying such a high price for me. May I honor You with how I use my body.

Do It

Identify one situation or trigger that often leads you to compromise—an environment, a late-night habit, certain media. Make a clear plan to avoid or minimize that trigger. Could be logging off at a certain time or seeking an accountability partner. Don’t wait until the temptation’s strong—flee now.

Day 5: Glorify God in Your Body

Scripture

“...You are not your own, for you were bought with a price. So glorify God in your body.” (1 Corinthians 6:19–20, ESV)

Think About It

This passage ends with a simple, life-changing call: glorify God with your body. Have you ever viewed your daily routines—eating, working out, dressing, even your sexuality—as opportunities for worship? That’s the crux of Paul’s teaching. Worship isn’t just singing on Sunday; it’s a lifestyle shaped by knowing you’re God’s beloved, redeemed child. Our culture often treats the body as a playground for personal pleasure or a billboard for public approval. But Paul says your body is a temple of the Holy Spirit—a sacred space where God meets with you and through which He can minister to others. So every choice about

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your body—what you put in it, how you present it, how you share it—flows from your identity as one who’s been ransomed by Christ.

Pray It

Lord, thank You for calling me to a bigger purpose than just pleasing myself. Show me how to honor You in every aspect of my physical life. Holy Spirit, fill this “temple” and let my words, actions, and desires reflect Your holiness.

Do It

Try a “body worship” exercise today. Whether you’re eating a meal, doing chores, or working out, pause and say, “*God, I’m doing this for You. Help me do it in a way that reflects my gratitude and respect for what You’ve made.*” Notice how this shift in perspective changes your attitude.

You’re Ready for Class!

Over these five days, you’ve seen that being “bound to Christ” involves a freedom anchored in holiness, not in reckless self-indulgence. **1 Corinthians 6:12–20** reminds us that our bodies matter deeply to God. We don’t just belong to ourselves; we belong to the One who bought us at an immense cost. Come to class ready to share how embracing this truth is reshaping your view of freedom, sexuality, and everyday habits—and let’s encourage one another to glorify God in our bodies.

Before We Gather

- Why might we be quick to defend “my right to do whatever I want,” particularly regarding the body, and how do we see that mindset in society (or the church) today?
- What modern examples show how a “right” to do something can become enslaving—whether in sexual behaviors, substance use, or other habits—and how do we reconcile that tension with genuine Christian freedom?
- How does the reality of bodily resurrection—ours and Christ’s—shape our view of everyday choices like eating, sleeping, or sexual conduct, rather than seeing them as “just earthly” concerns?

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- Why do you think Paul frames sexual sin as “tearing away” from Christ Himself, and how might that perspective challenge a casual or purely recreational view of sexual intimacy?
- What does it practically look like to “flee sexual immorality” in an environment saturated with casual attitudes toward sex, and how does seeing oneself as a “temple of the Holy Spirit” shape such decisions?
- How do we distinguish between legitimate Christian liberty and behaviors that slowly “master” or enslave us, especially in matters of sexuality?
- In what ways does the promise of resurrection confront cultural narratives that belittle the body or separate spiritual life from physical habits?
- How might viewing sex as “one flesh” union shift our perspective on casual encounters, and why is that perspective vital for Christian witness today?