



"Everything is permissible for me"-but not everything is beneficial. "Everything is permissible for me"-but I will not be mastered by anything. 1 Corinthians 6:12 NIV

Monday – Examining What Masters Us

Scripture Reading: 1 Corinthians 6:12; Romans 6:16-18

Reflection: Freedom in Christ is not permission to live without limits, but an invitation to live under the right Master. Anything that controls our thoughts, desires, or decisions competes with Jesus for lordship.

Reflection Questions:

1. What does being “mastered” by something look like in everyday life?
2. Are there habits, desires, or patterns that influence me more than Christ?
3. How does submitting to Jesus bring true freedom?

Prayer: *Lord Jesus, You alone are worthy to be my Master. Reveal anything that seeks to control me apart from You and help me walk in true freedom. Amen.*

Tuesday – Freedom That Serves, Not Self

Scripture Reading: Galatians 5:1, 13-14

Reflection: Christian freedom is meant to express itself through love. When freedom becomes self-centered, it no longer reflects Christ. Selflessness uses freedom to serve others.

Reflection Questions:

1. How do I define freedom?
2. In what ways can freedom become self-serving?
3. How can my freedom in Christ be used to serve others today?

Prayer: *Father, thank You for setting me free through Christ. Teach me to use that freedom to love and serve others. Amen.*

Wednesday – Saying No for the Sake of the Gospel

Scripture Reading: 1 Corinthians 9:24–27

Reflection: Selflessness sometimes means laying aside rights or pleasures for a greater purpose. Discipline helps ensure that nothing masters us except Christ.

Reflection Questions:

1. Why is self-discipline important in the Christian life?
2. What might God be calling me to lay aside?
3. How does self-control honor Christ?

Prayer: *God, give me strength to say no to anything that pulls me away from You. Help me live with discipline that honors You. Amen.*

Thursday – The Body Belongs to the Lord

Scripture Reading: 1 Corinthians 6:19–20; Romans 12:1–2

Reflection: Because we were bought at a price, our lives belong to God. Living under Christ's lordship means surrendering ourselves fully to Him.

Reflection Questions:

1. What does it mean to view my life as belonging to God?
2. How does this truth affect my daily decisions?
3. Where do I struggle to surrender control?

Prayer: *Lord, I offer myself to You as a living sacrifice. Help me honor You with every part of my life. Amen.*

Friday – Letting Love Rule Our Lives

Scripture Reading: 1 Corinthians 10:23–24; Philippians 2:3–4

Reflection: A selfless attitude seeks the good of others. When love guides our decisions, Christ remains our Master and others are built up.

Reflection Questions:

1. How often do I consider how my choices affect others?
2. What does it look like to seek others' good over my own?
3. How does selflessness reflect Jesus?

Prayer: *Jesus, let Your love guide my choices. Help me live with humility and concern for others. Amen.*

Saturday – Living Fully Under Christ's Lordship

Scripture Reading: Colossians 3:1–17

Reflection: When Jesus is our Master, every area of life falls under His authority. A selfless life declares that Christ alone reigns.

Reflection Questions:

1. What areas of my life are fully surrendered to Christ?
2. Where do I still try to maintain control?
3. What would change if I lived daily under Christ's lordship?

Prayer: *Lord Jesus, reign over every part of my life. Help me live selflessly and for Your glory. Amen.*



Selfless – Monday, February 2nd – Saturday, February 7th