

What Is Beneficial?

“Everything is permissible for me” – but not everything is beneficial. “Everything is permissible for me” – but I will not be mastered by anything. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. (1 Corinthians 6:12, 19-20, NIV)

Father, guide my lifestyle and shape my habits by these verses.

Everything is allowable to me, but
which things are beneficial?
Which are beneficial to our relationship, Father, and
to Your purposes?
Which are beneficial to those I influence?
Those things that are not beneficial,
things that bind me,
things that hinder our relationship or Your work or Your people,
help me to set them aside.
I must not let them encumber
Your ministry through me.

Cleanse my life of them, Father.
Take each one away.
You know that I need Your help with this, but
as You lead, I will obey.

I am Your temple.
I am bought with Your blood.
I am not my own.
Lord, help me to glorify You
with every part of me,
with everything I do and say.

*Father,
if any of my habits have enslaved me,
delivery me.
My time and energies are
Yours alone.*

Hymn: [Open Hands](#)

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