

Prepare Your Body for Worship

Father, help me prepare my body for worship.
I am a physical being, and
the state of my body affects
 my mood and
 my alertness.

I will do my best to get a good night's sleep.
 Bless my efforts, Lord.
I will do my best to eat the right foods.
 Bless my efforts,
 to Your glory.

All this is part of offering my body as a sacrifice to You,
 living,
 holy,
 pleasing.

Guide and bless me as
 I prepare my body for worship.

Hymn: [Nothing Between](#)

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