**Present Your Bodies as a Living Sacrifice   
A Biblical Exploration of the Meaning in Romans 12:1  
compiled by Steve Laube**

Those who are in the flesh cannot please God. Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple. You are not your own. You were bought with a price. So glorify God in your body.

It is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death.

Romans 8:8; 1 Corinthians 3:16–17, 6:19-20; Philippians 1:20

**Present Your Ears**

Everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. You dwell in the midst of a rebellious house, who have eyes to see, but see not, who have ears to hear, but hear not, for they are a rebellious house…and will turn away from listening to the truth and wander off into myths.

Be attentive to my words; incline your ear to my sayings. Be attentive to my wisdom; incline your ear to my understanding. Apply your heart to instruction and your ear to words of knowledge. An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.

Matthew 7:26; Ezekiel 12:2; 2 Timothy 4:4; Proverbs 4:20, 5:1, 23:12, 18:15

**Present Your Eyes**

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light. Sheol and Abaddon are never satisfied, and never satisfied are the eyes of man. Turn my eyes from looking at worthless things; and give me life in your ways. I will not set before my eyes anything that is worthless.

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth… looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Matthew 6:22; Proverbs 27:20; Psalms 119:37, 101:3, 121:1-2; Hebrews 12:2

**Present Your Mouth**

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless. What comes out of the mouth proceeds from the heart, and this defiles a person. A soft answer turns away wrath, but a harsh word stirs up anger. Whoever keeps his mouth and his tongue keeps himself out of trouble. Gracious words are like a honeycomb, sweetness to the soul and health to the body.

Truthful lips endure forever, but a lying tongue is but for a moment. Lying lips are an abomination to the Lord, but those who act faithfully are his delight. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

James 1:26; Matthew 15:18; Proverbs 15:1, 21:23, 16:24, 12:19, 12:22; Ephesians 4:31–32

**Present Your Hands and Feet**

Whatever your hand finds to do, do it with your might. The hand of the diligent will rule, while the slothful will be put to forced labor. My help comes from the Lord, who made heaven and earth. He will not let your foot be moved. How beautiful upon the mountains are the feet of him who brings good news, who publishes peace, who brings good news of happiness, who publishes salvation, who says to Zion, “Your God reigns.”

Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully. He will receive blessing from the Lord and righteousness from the God of his salvation.

Ecclesiastes 9:10; Proverbs 12:24; Psalm 121:2-3 Isaiah 52:7; Psalm 24:3–5

**Present a Clean Heart**

The heart is deceitful above all things, and desperately sick; who can understand it?For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. These are what defile a person. Every way of a man is right in his own eyes, but the Lord weighs the heart. If you have been foolish, exalting yourself, or if you have been devising evil, put your hand on your mouth.

The plans of the heart belong to man, but the answer of the tongue is from the Lord. All the ways of a man are pure in his own eyes, but the Lord weighs the spirit. Commit your work to the Lord, and your plans will be established.

Create in me a clean heart, O God; and renew a right spirit within me.

Jeremiah 17:9; Matthew 15:19–20; Proverbs 21:2, 30:32, 16:1–3; Psalm 51:10

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**“Take My Life”   
Frances Havergal**

Verse 1  
Take my life, and let it be  
Consecrated, Lord, to Thee;  
Take my moments and my days,  
Let them flow in ceaseless praise,  
Let them flow in ceaseless praise.

Verse 2  
Take my hands, and let them move  
At the impulse of Thy love;  
Take my feet and let them be  
Swift and beautiful for Thee,  
Swift and beautiful for Thee.

Verse 3  
Take my voice, and let me sing  
Always, only, for my King;  
Take my lips, and let them be  
Filled with messages from Thee,  
Filled with messages from Thee.

Verse 4  
Take my silver and my gold;  
Not a mite would I withhold;  
Take my intellect, and use  
Every power as Thou shalt choose,  
Every power as Thou shalt choose.

Verse 5  
Take my will, and make it Thine;  
It shall be no longer mine.  
Take my heart; it is Thine own;  
It shall be Thy royal throne,  
It shall be Thy royal throne.

Verse 6  
Take my love; my Lord, I pour  
At Thy feet its treasure-store.  
Take myself, and I will be  
Ever, only, all for Thee,  
Ever, only, all for Thee