

Five-Day Devotional: You are not your own—you belong to Christ

This 5-day devotional is from the sermon “Set Apart” on 1 Corinthians 6, redefines freedom. Discover how true freedom isn’t doing whatever we want, but belonging to Christ. Learn to break free from control, live with purpose, and honor the One who paid the price for you.

Day 1: Rethinking Freedom

Devotional

We live in a world that equates freedom with unlimited choices. The ability to do whatever we want, whenever we want, is often seen as the ultimate goal. But what if this definition of freedom is actually incomplete? What if true liberation looks completely different from what our culture teaches? Paul addresses believers who thought grace gave them a free pass to live however they pleased. Their thinking was simple: if all things are lawful, then anything goes. But Paul introduces a revolutionary perspective that challenges our assumptions about what it means to be truly free. Consider the things in your life that you think give you freedom. Social media scrolling, binge-watching shows, impulse purchases, or even work that consumes every waking moment. While these might feel like choices, they often become patterns that quietly control us. What starts as freedom can slowly transform into bondage. Real freedom isn't about having unlimited options. It's about having the power to choose what truly matters. It's about being liberated from the things that would otherwise dominate our lives. When we understand this, we begin to see that the freedom Christ offers isn't restrictive—it's the most liberating thing we could ever experience.

Bible Verse

'All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.' - 1 Corinthians 6:12 (King James Version)

Reflection Question

What in your life feels like freedom but might actually be controlling you?

Quote

What if our definition of freedom is incomplete? What if it's missing something?

Prayer

Lord, help me recognize the difference between true freedom and the illusion of choice. Show me where I might be enslaved to things that seem harmless but are actually controlling my life.

Day 2: Breaking Free from Control

Devotional

Have you ever noticed how the things we think we control often end up controlling us? That morning coffee becomes a necessity. The evening show becomes non-negotiable. The social media check becomes compulsive. What began as simple preferences gradually transform into masters we serve without even realizing it. Paul understood this human tendency. He recognized that our greatest battles aren't always with obvious sins, but with the subtle ways we allow good things to become ultimate things. The issue isn't necessarily what we're doing, but whether what we're doing has power over us. True freedom means having the ability to say no—even to good things—when they begin to dominate our lives. It means being able to step away from our phones, take a break from work, or choose rest over productivity without feeling anxious or incomplete. This kind of freedom doesn't come from willpower alone. It comes from understanding that we belong to something greater than our impulses and desires. When Christ is our master, we're liberated from being mastered by anything else. We can enjoy good things without being enslaved to them. The path to freedom begins with honest self-examination. What patterns in your life have moved from choice to compulsion? What would it look like to experience true liberation in those areas?

Bible Verse

'All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.' - 1 Corinthians 6:12 (King James Version)

Reflection Question

What habit or pattern in your life has quietly moved from being a choice to feeling like a necessity?

Quote

I will not be dominated by anything.

Prayer

God, give me the wisdom to recognize what has power over me and the strength to choose freedom in Christ over bondage to temporary things.

Day 3: You Are Not Your Own

Devotional

These five words challenge everything our culture teaches us about identity and ownership: "You are not your own." In a world that celebrates self-ownership and personal autonomy, this statement feels almost offensive. Yet it contains the secret to true freedom and purpose. When we believe we belong to ourselves, we carry the crushing weight of having to figure everything out alone. We become responsible for creating our own meaning, establishing our own worth, and determining our own destiny. This supposed freedom often becomes an exhausting burden. But what if belonging to Christ is actually the most liberating truth we could embrace? When we understand that we've been purchased by someone who loves us perfectly, it changes everything. We're no longer self-directed individuals trying to prove our worth—we're beloved children with a secure identity and clear purpose. This doesn't diminish our value; it establishes it. We matter not because of what we accomplish or accumulate, but because of whose we are. Our lives have meaning not because we create it, but because we've been chosen and claimed by the Creator of the universe. Belonging to Christ means we're never alone, never without purpose, and never without hope. It means our identity is secure regardless of our circumstances. This is freedom in its truest form.

Bible Verse

'What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?' - 1 Corinthians 6:19 (King James Version)

Reflection Question

How does knowing you belong to Christ change the way you view your daily decisions and challenges?

Quote

You are not your own. You belong to Christ.

Prayer

Father, help me find freedom in belonging to You rather than trying to belong to myself. Let this truth transform how I see my identity and purpose.

Day 4: Bought with a Price

Devotional

The price tag on our freedom wasn't small—it was the life of Christ himself. When we grasp the magnitude of what was paid for our liberation, it transforms how we live. We weren't purchased with gold or silver, but with the precious blood of Jesus who went to the cross and took our sin upon himself. This truth changes our perspective on everything. Our bodies aren't random collections of cells—they're temples of the Holy Spirit. Our choices aren't merely personal preferences—they reflect our understanding of what Christ has done for us. Our lives aren't our own to waste or misuse—they've been bought and redeemed for a purpose. Understanding the price paid for us shifts our motivation from obligation to gratitude. We don't honor Christ because we have to, but because we want to. When we truly comprehend the love demonstrated at the cross, our response flows naturally from a heart overwhelmed by grace. This isn't about following rules to earn God's approval—Christ has already secured that for us. It's about living in a way that reflects our understanding of how much we're loved. When we know we belong to a living King who gave everything for us, it changes how we treat the life he's given us. The cross isn't just about forgiveness; it's about transformation. It redefines who we are and how we live.

Bible Verse

'For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.' - 1 Corinthians 6:20 (King James Version)

Reflection Question

How does remembering the price Christ paid for you influence the way you want to live today?

Quote

The price was not small. It was the life of Christ. He went to the cross and he took our sin and he gave our life.

Prayer

Jesus, thank You for the incredible price You paid for my freedom. Help me live each day in grateful response to Your amazing love and sacrifice.

Day 5: Living for the One You Belong To

Devotional

When you truly understand that you belong to Christ, it changes the questions you ask. Instead of "What am I allowed to do?" you start asking "What honors the One I belong to?" This shift in perspective transforms everything—not through restriction, but through relationship. This isn't about living under a burden of rules, but about living with the joy of purpose. When you know you're loved unconditionally and chosen intentionally, you want to live in a way that reflects that relationship. It's like the difference between following traffic laws to avoid a ticket and driving carefully because you value the safety of others. Belonging to Christ means your life has meaning beyond your own happiness or success. Every choice becomes an opportunity to honor the One who gave everything for you. Every day becomes a chance to live out your true identity as someone who has been redeemed and set apart. This perspective brings incredible freedom because it removes the pressure of having to create your own purpose or prove your own worth. Your value is already established. Your purpose is already clear. Your future is already secure. Real change doesn't start with trying harder or doing better. It starts with surrender—trusting Christ with everything you have because he's already done the work. When you live from this place of security and love, honoring God becomes not a burden, but a joy.

Bible Verse

'For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.' - 1 Corinthians 6:20 (King James Version)

Reflection Question

What would change in your daily life if you consistently asked "What honors Christ?" instead of "What do I want to do?"

Quote

You stop asking, what am I allowed to do? And you start asking yourself, what honors the one I belong to.

Prayer

Lord, help me live each day remembering that I belong to You. Transform my heart so that honoring You becomes my greatest joy and deepest desire.