

November 5, 2023

“Living A Balanced Christian Life” I Corinthians 10

Vol.13 Num. 45

Using This Study

❶ EXAMINE His Word

What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

❷ EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

❸ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.

“Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God.” (I Peter 2:16)

“For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.” (Galatians 5:13)

As we have learned, I Corinthians deals with the issues of a divided church. It was a church that struggled to live a balanced Christian life!

In this week’s lesson, *Chapter 10*, Paul continues his discourse on Christian liberty, a topic he began back in Chapter 8. As a point of reference, he presents the tragic examples of the Hebrew’s idolatry and immorality while in the wilderness. Paul clearly states his reason for mentioning their sins:

“Now these things took place as examples for us, that we might not desire evil as they did.” (Verse 6)

In this chapter, Paul gives exhortations for Christians, who have been set free from the Law, to avoid abusing their freedom in Christ. As Paul states:

“All things are lawful,” but not all things are helpful. “All things are lawful,” but not all things build up. (Verse 23)

Having been saved by grace, believers are free to love and obey Christ and love and serve others...doing *“all to the glory of God.”*



Are you living a balanced Christian life?

I Corinthians 10 – ESV

Warnings From Israel's History

¹For I do not want you to be unaware, brothers, that our fathers were all under the cloud, and all passed through the sea, ²and all were baptized into Moses in the cloud and in the sea, ³and all ate the same spiritual food,

⁴and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ. ⁵Nevertheless, with most of them God was not pleased, for they were overthrown in the wilderness.

⁶Now these things took place as examples for us, that we might not desire evil as they did. ⁷Do not be idolaters as some of them were; as it is written, “The people sat down to eat and drink and rose up to play.” ⁸We

must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. ⁹We must not put Christ to the test, as some of them did and were destroyed by serpents, ¹⁰nor grumble, as some of them did and were destroyed by the Destroyer.

¹¹Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. ¹²Therefore let anyone who thinks that he stands take heed lest he fall. ¹³No

temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Idol Feasts and the Lord's Supper

¹⁴Therefore, my beloved, flee from idolatry. ¹⁵I speak as to sensible people; judge for yourselves what I say. ¹⁶The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? ¹⁷Because there is one bread, we who are many are one body, for we all partake of the one bread.

¹⁸ Consider the people of Israel: are not those who eat the sacrifices participants in the altar? ¹⁹ What do I imply then? That food offered to idols is anything, or that an idol is anything? ²⁰ No, I imply that what pagans sacrifice they offer to demons and not to God. I do not want you to be participants with demons. ²¹ You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. ²² Shall we provoke the Lord to jealousy? Are we stronger than he?

The Believer's Freedom

²³ "All things are lawful," but not all things are helpful. "All things are lawful," but not all things build up.

²⁴ Let no one seek his own good, but the good of his neighbor.

²⁵ Eat whatever is sold in the meat market without raising any question on the ground of conscience. ²⁶ For

"the earth is the Lord's, and the fullness thereof."

²⁷ If one of the unbelievers invites you to dinner and you are disposed to go, eat whatever is set before you without raising any question on the ground of conscience. ²⁸ But if someone says to you, "This has been offered in sacrifice," then do not eat it, for the sake of the one who informed you, and for the sake of conscience—

²⁹ I do not mean your conscience, but his. For why should my liberty be determined by someone else's conscience?

³⁰ If I partake with thankfulness, why am I denounced because of that for which I give thanks?

³¹ So, whether you eat or drink, or whatever you do, do all to the glory of God. ³² Give no offense to Jews

or to Greeks or to the church of God, ³³ just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, that they may be saved."

① EXAMINE His Word (Observation) (For personal preparation)

What does God SAY? Prayerfully note significant details from this passage.

Make 10 of your own observations from these passages. Avoid jumping to make interpretive decisions or drawing applications. Save those for the sections that follow. At this point just observe this passage and what it says. Look for things that are emphasized, repeated, and what stands out to you. Look at the verbs, what actions are in the text? Who is involved in the text? There is no right or wrong answer, just list 10 things you see in the text.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

② EXPLORE His Word (Interpretation) (For Community Group discussion)

What does God MEAN?

1. In **Verses 1-4**, how did God protect and provide for the Israelites while in the wilderness? What do you think it means that Israel was baptized into Moses? How was Christ the “*Rock*”?

2. In **Verse 5**, why do you think God was not pleased with the Israelites?

3. In **Verses 7-9**, list the sins Israel committed.

4. In **Verses 6,11 and 12**, what were Paul's reasons for mentioning Israel's sins?

5. In **Verse 13**, what can we learn about being tempted? Try memorizing this verse.

6. In **Verses 14 -15**, Paul exhorts Christians to "flee idolatry." How do you define idolatry?

7. In **Verses 16-18**, what point is Paul making about fellowship?

8. In **Verses 19-22**, what point is Paul making?

9. In **Verse 23**, Paul repeats a statement he made earlier, (see **Chapter 6:12**). What is he emphasizing?

10. In **Verse 24**, what should be considered in "*matters of personal liberty*?"

11. In **Verses 25-26**, why was meat sold at the market permissible to eat?

12. In **Verses 27-30**, what circumstances might one consider before eating at a gathering?

13. In **Verses 31-32**, what conclusion is emphasized in these verses?

14. In **Verse 33**, why should we try to please everyone in everything we do?

③ **EMBRACE His Word (Application)** (For Community Group discussion)
Why does this MATTER to me?

15. How do you handle the temptations of life?

16. Have you ever deferred your liberty for the benefit of another? Explain.

17. What is the difference between “*pleasing everyone in everything we do*” and being a “*People Pleaser?*”

Summarize your thoughts on the passage

Write about what God wants you to KNOW, to FEEL, and to DO...

Sermon Outline and Notes