



So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God— even as I try to please everybody in every way. For I am not seeking my own good but the good of many, so that they may be saved. Follow my example, as I follow the example of Christ.

1 Corinthians 10:31-11:1

1. Idols are nothing

2. So eating the cheap meat means nothing.

3. However, if it is causing some unbelievers or new believers to struggle or stumble...don't eat it.

4. Don't use your freedom to harm others

5. Idols are nothing...but the demons behind them are not to be trifled with

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1 Corinthians 10:31-11:1

1. Whatever you do, do it for the glory of God
2. Whatever you do, consider the good of others

1. Physical health (life) is NOT the goal...the glory of God and the good of others is
2. Our bodies do not belong to us...they are temples of the Holy Spirit
3. Our bodies are the means by which we love others
4. Physical, mental, spiritual, and relational health are intertwined

1. Physical health (life) is NOT the goal...the glory of God and the good of others is

"Death and hell are never satisfied and neither are
the eyes of man."

Proverbs 27:20

2. Our bodies do not belong to us...they are temples
of the Holy Spirit

Do not trust in deceptive words and say, “This is the temple of the Lord, the temple of the Lord, the temple of the Lord!”

Jeremiah 7:4

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

1 Corinthians 6:19

3. Our physical bodies are the means by which we demonstrate love to others

4. Physical resiliency/balance is intertwined with relational, mental, and spiritual resiliency

“When a man's own folly brings his way to ruin, his heart rages against the Lord.”

Proverbs 19:3

Gratitude is the appropriate response to the gospel

Gratitude is the essential attitude of the thriving life

"Whatever you do whether in word or deed do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Col. 3:17