### 1 Corinthians

## Chapter 10

1Now, I don’t want you to miss this point, brothers:  
  
Our ancestors were under the cloud and they all passed through the sea, 2so they were all ‘immersed’ into Moses because of the cloud and the sea.  
  
3Also, they all ate the same food from [God’s] Spirit, 4and they all drank the same spiritual drink, because they drank from the spirit of the rock… And that rock was the Anointed One.  
  
5However, because God wasn’t pleased with most of them, He left [their bodies] spread across the desert.  
  
6Now, things like this should serve as examples to us, so we won’t become people who desire bad things as they did… 7We don’t want to become idol worshipers, as some of them did!  
  
Notice that it’s written:  
  
 ‘The people sat down to eat and drink, and then they got up to play.’ [Exodus 32:6]  
  
8So we shouldn’t commit sexual immorality as some of them did, because 23,000 of them fell in just one day! 9Also, we don’t want to put Jehovah to the test as some of them did, because they were destroyed by snakes. 10Nor do we want to complain as some of them did, because they were killed by the destroyer!  
  
11Recognize that the things that happened to them [should serve as] examples to us, for they were written as warnings to us upon whom the end of the age has arrived.  
  
12So let those who think they’re standing be careful that they don’t fall! 13For none of you have faced any temptations yet, other than the things that are common to all men.  
  
And since God is faithful, He won’t allow you to be tested beyond what you can bear… For with every temptation, He provides a way out, so you can hang on.  
  
14However, my loved ones, flee from idol worship!  
  
15And since I’m talking as I would to people with good sense; figure out for yourselves whether the things that I’m saying here are the truth.  
  
16Now when we [say a] blessing over the cup of blessings, aren’t we sharing in the blood of the Anointed One? And when we break the loaf, aren’t we sharing in the body of the Anointed One?  
  
17So although there are many [of us], there’s just one ‘loaf’… therefore, we’re all one ‘body’, since we all eat from that same ‘loaf.’ 18And like in fleshly IsraEl, don’t those who eat the sacrifices also share some of it with the Altar?  
  
19So, what am I saying? That idols are anything? Or that things sacrificed to idols are anything?  
  
20No, I’m telling you that whatever the nations offer as sacrifices are really being offered to the demons, not to God… And I don’t want you to become sharers with the demons! 21For you can’t drink from the cup of the Lord and from the cup of demons, nor can you eat at the table of the Lord and at the table of the demons.  
  
22We aren’t trying to make the Lord jealous, are we?  
  
We aren’t mightier than he is, are we?  
  
23Recognize that although everything is legal [to eat], not everything is good for us [to eat]… Yes, everything is legal, but not everything makes us stronger. 24So let’s not just be watching out for our own interests, but [for the best interests] of others.  
  
25The fact is, you can eat whatever’s sold at the meat markets without it bothering your consciences, 26for the earth and everything in it belongs to the Lord. 27And if an unbeliever invites you [for a meal] and you wish to accept, you can eat whatever is set before you and not let it bother your consciences.  
  
28But if someone should say, ‘This was offered as a sacrifice,’ then don’t eat it.  
  
You should do this for the sake of the one who said that, because of conscience… 29Not your conscience, but that of the other person.  
  
But [you might ask], ‘Why should I let anyone else judge my freedom? 30If I’m eating thankfully, why should I be slandered over something for which I’ve given thanks?’  
  
31Well, whether you’re eating, drinking, or doing anything else, you should be doing everything for God’s glory!  
  
32So you shouldn’t want to do anything that would stumble Jews, Greeks, or the Called Ones of God. 33And this is why I’m trying to please everybody in everything and not just doing what’s best for myself… I’m [trying to do] what’s best for others... So I can save them!