### 1 Corinthians

## Chapter 11

1I’m asking you to imitate me as I’m [imitating] the Anointed One.  
  
2I also want to praise you for remembering me and all the things that I’ve given to you, as well as for holding onto the things that I taught you.  
  
  
3However, I want you to recognize this:  
  
 • The head and origin of the woman is the man,  
 • The head and origin of every man is the Anointed One, and  
 • The head and origin of the Anointed One is God.  
  
4So, every man who prays or prophesies with something on his head shames his head and origin. 5And every woman who prays or prophesies without something on her head shames her head and origin, for it’s the same as if her head was shaved.  
  
6Indeed, if a woman doesn’t wish to cover her head, she should have her hair cut off. But if cutting her hair short or shaving her head would shame a woman, then she should cover her head.  
  
7However, a man shouldn’t cover his head, since he [was created in] the image and glory of God, while a woman is the glory of man. 8For the man didn’t come from the woman, the woman came from the man. 9Also, the man wasn’t created for the woman, the woman [was created] for the man.  
  
10So, that’s why the woman should have [a sign of] authority on her head… As well as [for the sake of God’s] messengers.  
  
11Yet there really isn’t any difference between males and females in the Lord. 12For as the female came through the male, the male came through the female… Although everything really comes from God. 13So, judge it for yourselves.  
  
Is it appropriate for a woman to pray before God with no covering?  
  
14Doesn’t physical nature teach us that if a man has long hair it dishonors him, 15but if a woman has long hair it glorifies her? Yes, that’s why women were given longer hair. 16However if anyone wants to argue about this, we don’t have any other custom, nor do the congregations of God.  
  
  
17But when it comes to your meetings, I’m not praising anyone, for they seem to be doing more harm than good!  
  
18First of all, I hear that when you meet as a congregation, there are divisions among you… And I believe that’s partly true, 19because there has to be strife among you in order to clearly identify those who are approved.  
  
20Therefore, when you meet up on the Lord’s day, you don’t eat and drink in a fitting way. 21[I hear that] some of you [bring your own meals] and eat before others do, while others go hungry – and some are drunk!  
  
22Don’t you have homes where you can eat and drink? Or are you condemning the congregation of God by shaming those who don’t have anything?  
  
What should I say to you? Should I praise you for this?  
  
No, I don’t praise you!  
  
23Let me tell you something that I received from the Lord, and which I want to share with you:  
  
The Lord Jesus (on the very night that he was going to be handed over) took a loaf, 24and after giving thanks he broke it and said:  
  
 ‘This is my body that I’m giving for you.  
 Keep on doing this in remembrance of me.’  
  
25And after the meal he did the same thing with the cup, saying:  
  
 ‘In this cup is the blood of my New Sacred Agreement.  
 Keep on doing this… And as often as you drink it, think of me.’  
  
26Therefore, as often as you eat from the loaf and drink from the cup, you’ll keep proclaiming the death of the Lord until he arrives.  
  
27But recognize that anyone who eats the loaf and drinks the cup of the Lord in an unworthy condition will also be judged by the Lord’s body and blood. 28So each person should examine himself before eating from the loaf or drinking from the cup. 29For those who eat and drink unworthily are eating and drinking condemnation upon themselves if they don’t recognize that this is [not ordinary food and drink, but] the Lord’s body!  
  
30This is why so many of you are [spiritually] weak and unhealthy… And quite a few have ‘fallen asleep!’  
  
31Understand that if you would judge yourselves, you wouldn’t have to be judged. 32But [if you leave that] judgment to the Lord, you’ll have to be disciplined so that you aren’t condemned along with this system of things!  
  
33Therefore, my brothers, when you come together to eat, wait for each other. 34And if anyone is hungry, let him eat at home, so you don’t meet for judgment.  
  
As for the rest of the matters, I’ll straighten them out when I get there.