

**Week beginning 16<sup>th</sup> September 2024**  
**Sermon: Sunday 22<sup>nd</sup> September 2024**

What practices in your life do you consider “permissible” but possibly not beneficial or constructive?

Study 10: Learning from the lessons of the past

Readings: 1Corinthians 10

How can the principles discussed in this passage guide your behavior in these specific areas?

In what ways have previous experiences prepared you or warned you for the future?

*Pray that God would deepen in your heart and life this double truth, as taught by Martin Luther: “The Christian is a most free lord of all, subject to none. The Christian is a most submissive servant, subject to all.”*

Read 1Corinthians 10:1 - 13:

What experiences did all the Israelites have in common when they left Egypt and headed for the Promised Land?

Why was God not pleased with them?

Why does Paul remind the Corinthians (and us) of these events?

Reflect on a time when you forgot the Lord's goodness and fell into grumbling. How did you become aware that you were testing the Lord's patience?

How does Paul counter the idea that some temptations are just too strong to resist?

Think of one or two areas where you are currently experiencing temptation. In which one of these are you least likely to believe that there is a way of escape?

In what way has God in fact provided an escape in the midst of your temptation?

Read 1Corinthians 10:14 - 22:

Why are some lifestyles incompatible with celebrating communion?

What is the significance of communion?

Read 1Corinthians 10:23 - 33:

According to these verses, what principles should guide our behavior as Christians?