

GUIDELINES FOR LIVING A HEALTHY CHRISTIAN LIFE

1 Corinthians 6:12-8:13

Introduction: As children we grew up with rules - don't do this, don't do that, do this, do that, all in very exact, explicit words. As adults we use our own judgment and don't need a set of rules as we did as children. Sometimes, however, even as adults, we need advice. Whether we know it or not, whether we take it or now, depends upon our own attitude. Paul gives some advice, some guidelines, some principles on how to go about living a healthy Christian life to some Christians who were still very weak and childish in their Christian behavior. Not only the weak Christian should heed Paul's advice, but every Christian should take an inventory of his/her life and see if he/she is practicing these principles suggested by Paul.

1. Do what is best in order to do what God wants you to do.

- *(1 Corinthians 6:12)*
- Just because something is right or legal, is it still alright to do it?
- Will doing this or that, even if it is not wrong, help or hinder you in doing God's will?
- Will doing this take you where you need to be for the Lord?
- You need to know what God's will is for your life so you will know if you are doing it or not.

2. Don't become addicted to things.

- People who are not Christians are addicted to the things of the world.
- Christians have been set free from worldly addictions and is free to choose his/her actions.
- Take an inventory - are you addicted to some worldly attraction?
 - Such as sports, smoking, television, drinking, working, over eating, etc.
 - Many Christians are addicted to such things but never gave it any thought.
- Jesus Christ has set the Christian free from being addicted to any worldly thing.
- Your choices either move you closer to being like God wants you to be or is taking you away.

3. Become an example of living as Jesus wants, to others.

- *1 Corinthians 8:8-13*
- Paul was approached by some Christians about whether it was alright to buy food that had once been offered to idols, then sold at the market. Was there anything wrong with the food?
- Paul explained that Christians should not do anything that might cause a weaker Christian to stumble.
 - Why do it if it offended a fellow Christian, even if it was legal?
- Christians need to ask themselves, "how will my actions affect others?" *(8:1)*
 - Will my way of speaking offend fellow Christians?
 - Will my actions offend fellow Christians?
 - Will my attitudes offend fellow Christians?
 - Will what I eat or drink offend fellow Christians?
- Christians need to ask themselves, "How did Jesus handle a situation like this?" and then do the same.

4. Focus on building yourself up in the Lord.

- *1 Corinthians 10:23*
- Everything you do either builds you up or tears you down in one way or other.
 - Every conversation you have either builds up or tears down.
 - Every relationship you have either builds up or tears down.

- What you watch on t.v. either builds up or tears down.
- How you spend your free time either builds up or tears down.
- How you entertain yourself either builds up or tears down.
- Everything you do or say, etc., either brings you closer to the Lord or takes you farther away.

5. Whatever you do, do it to honor the Lord.

- 1 Corinthians 10:31

- Everything you do either brings honor or dishonor to the Lord.
 - Every conversation, every business deal, every vacation, every t.v. program.
 - The way you dress either honors or dishonors the Lord.
 - If Jesus were with you would you talk the same way? Wear the same style of clothes? Watch the same t.v. programs? Go to the same places for entertainment?
- Everything you do reflects your relationship with the Lord.

6. Do your best to not offend anyone.

- 1 Corinthians 10:32-33)

- Would what you do or what you say keep someone from coming to the Lord Jesus?
 - If there is anything at all about you that might keep someone from coming to know the Lord Jesus as his/her savior and Lord, then it is wrong.
 - Paul went to great lengths to not offend the Jews or Gentiles or other Christians for he wanted to be able to talk to everyone about the Lord.
- Everything you do and say should cause someone to want to know more about the Jesus in your life.
 - You are to be a witness for the Lord every moment of your life and you can't be if you offend others in some way.

CONCLUSION:

1. Children need rules, mature, grown adults don't.
2. Grown adults, however, sometimes are not as "mature" as they could/should be and therefore are weak and need some guidance in becoming more "mature" and "grown-up."
3. Not all Christians are mature and living as they ought to for the Lord and therefore need some help from others who are more mature.
4. Paul gives advice to weak, immature Christians which is good not only for the immature, but for those who are active, mature, and living as they should for the Lord.
5. Take a look at YOUR OWN life, and see these guidelines, suggestions, principles won't help you also.