

A Healthy Diet

1 Cor. 3:1-2

Introduction:

- A. Paul unable to feed Corinthians as he would have liked.
- B. The word of God is to the soul what food is for the body.
 - 1. The young need a healthy diet to live and grow.
 - 2. The mature need a healthy diet to live and function.
 - 3. Christians eat to live and live to eat.
 - 4. No food or improper food leads to sickness and death.
- C. God provided for the feeding of the church.
 - 1. A complete diet in the Bible (2 Tim. 3:16-17).
 - 2. Elders to feed (1 Pet. 5:1-3).
 - 3. Preachers/teachers to feed (1 Cor. 3:1-2)
 - 4. A people wanting to be fed (Matt. 5:6; 1 Pet. 2:2; Acts 17:11).
- D. Let us notice three things essential to a healthy diet.

Discussion:

I. A Wholesome Diet

- A. Too many churches feeding on junk food.
 - 1. A perverted gospel (Gal. 1:6-10).
 - 2. Human philosophies and traditions (Col. 2:8; Matt. 15:9).
 - 3. Entertainment and social talks. (Cf. 2 Tim. 4:1-2) - Not reprove, rebuke, exhort and *entertain*.
- B. Sound doctrine is healthy doctrine
 - 1. Sound from word from which we get hygiene.
 - 2. Elders to use sound doctrine (Tit. 1:9).
 - 3. Preacher/teachers speak sound doctrine (Tit. 2:1; 2 Tim. 1:11-13).
 - 4. Christian endure sound doctrine (2 Tim. 4:3)
 - 5. A diet of scripture (Acts 17:2; 18:28).

II. A Balanced Diet

- A. The whole counsel of God (Acts 20:20, 27).
 - 1. Not just bits and pieces.
 - 2. Not just “inspirational” readings.
- B. Positive and Negative.
- C. Milk and Meat (Heb. 5:12-13; Pet. 2:2).
- D. New and Old Testament (cf. Rom. 15:4; 1 Cor. 1:11)

III. A Regular Diet

- A. Regular teaching, preaching and study.
 - 1. Regular assemblies (Heb. 10:25; Acts 20:7).
 - 2. Daily opportunities (Acts 5:42; 17:11; 20:31; Psa. 1:2).
- B. Regular feeding essential to healthy diet.
 - 1. Moms can plan three healthy meals day and family not have healthy diet.
 - a. Some family members ship meals.
 - b. Some family members picky eaters.
 - 2. Elder, preachers, teachers plan healthy meals.
 - a. Members show up for about 1/3 or less.
 - b. Members minds elsewhere when do show up.
- C. Try “feeding” habits on a high school or college course.

Conclusion:

- A. Leadership should be careful to offer a healthy diet.
- B. Membership should be careful to receive a healthy diet.