**1 Corinthians Chapters 10-11**

Chapter 10:1-13

* Paul used himself as a positive example of giving up what he had a right to in order to help other Christians, and now he moves to a negative example from Israel’s history.
* Paul tells highlights of the story of the exodus and journey through the wilderness found in the Torah. That story is regularly full of the Israelites choosing idolatry and wishing to go back to slavery in Egypt, and their actions had strong consequences in the wilderness.
* Repeatedly in the wilderness, the Israelites relied on themselves or idols they made, rather than God, and Paul wants to warn those Corinthians who are focused on their own strength of faith from turning that into an idol of their own.
* Are there any other negative examples in your life that have helped you to choose a better path? How do you identify idols in your own life?

Chapter 10:14-11:1

* In the rest of this chapter, Paul finishes his argument about eating food sacrificed to idols. He begins by speaking about the Lord’s supper, which Christians took part in during their home church meetings.
* It was important to Paul, and remains important to us today, that communion be a meal of unity. Eating this meal together helped the community remain connected to one another and to Christ.
* In what ways do we experience community when we share the Lord’s supper? Are there ways that community has been broken in the past by sin or self-interest?
* Paul finally returns to the principle of agape love he began this section with, and gives advice for how to go about eating meat that may have been sacrificed to idols - to do so in a way that would not cause any harm to others in the church.

Chapter 11:2-34

* Paul spends this chapter speaking with the Corinthians specifically about issues of their gatherings and worship lives. He speaks first about how both men and women should present themselves while “praying and prophesying,” which would have been a major part of the gatherings of early churches.
* A woman was to keep her hair covered, because culturally wearing your long hair loose at the time meant something akin to confessing adultery. It was important that the women who were speaking publicly like this were presenting in a way that wouldn’t be distracting.
* In regards to the men’s hair, Paul didn’t want them imitating Roman leaders, who would cover their heads with their togas while speaking publicly, so he encouraged them to have their heads uncovered while they were leading.
* Paul is especially concerned with how the Corinthians are still modeling the world around them when it comes to eating during their gatherings. Socially, it was very normal to only eat with people of your same socioeconomic status, and Paul found that the Corinthians were following this - the richer members of the church were eating more together, while the poorer members of the church went hungry.
* This was, for Paul, a direct contradiction to what the church should be. He had already made it clear that the members of the church were together the body of Christ.
* How are we mindful of all the members of Christ’s body when we take part in communion? Have you seen the ways people worship causing more problems for the community of Christ than benefitting it? Have you seen community worship bringing about healing and reconciliation as Paul hoped it would?