## #1: Take Heed Lest You Fall (10:1-12)

# A. Israel Had Spiritual Privileges (1-4)

**10** For I do not want you to be unaware, brothers, that our fathers were all under the cloud, and all passed through the sea, <sup>2</sup> and all were baptized into Moses in the cloud and in the sea, <sup>3</sup> and all ate the same spiritual food, <sup>4</sup> and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ.

## B. Israel Fell Because of Sin (5-10)

<sup>5</sup>Nevertheless, with most of them God was not pleased, for they were overthrown in the wilderness. <sup>6</sup>Now these things took place as examples for us, that we might not desire evil as they did. <sup>7</sup>Do not be idolaters as some of them were; as it is written, "The people sat down to eat and drink and rose up to play." <sup>8</sup>We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. <sup>9</sup>We must not put Christ to the test, as some of them did and were destroyed by serpents, <sup>10</sup> nor grumble, as some of them did and were destroyed by the Destroyer.

# C. Israel Is an Example to us (11-12)

<sup>11</sup>Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. <sup>12</sup>Therefore let anyone who thinks that he stands take heed lest he fall.

## #2: Be Reassured: God Will Provide a Way of Escape (10:13)

<sup>13</sup>No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

## Leon Morris

God is not simply a spectator of the affairs of life; he is concerned and active. Believers can count on his help. He will always make *a way out*.... The imagery is that of an army trapped in rugged country, which manages to escape from an impossible situation through a mountain pass. The assurance of this verse is a permanent comfort and strength to believers. Our trust is in the faithfulness of God.

## #3: Flee Idolatry and Feast on Christ (10:14-22)

<sup>14</sup>Therefore, my beloved, flee from idolatry. <sup>15</sup>I speak as to sensible people; judge for yourselves what I say. <sup>16</sup>The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? <sup>17</sup>Because there is one bread, we who are many are one body, for we all partake of the one bread. <sup>18</sup>Consider the people of Israel: are not those who eat the sacrifices participants in the altar? <sup>19</sup>What do I imply then? That food offered to idols is anything, or that an idol is anything? <sup>20</sup>No, I imply that what pagans sacrifice they offer to demons and not to God. I do not want you to be participants with demons. <sup>21</sup>You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. <sup>22</sup>Shall we provoke the Lord to jealousy? Are we stronger than he?