

WHAT CAN YOU EAT? 1 Corinthians 3:1–3 (NKJV)

A normal measurement of health is APPETITE... Is there a desire for food, a desire to move from liquid to solid? When appetite is missing we understand this could indicate sickness, disease... lead to malnourishment and even death. In our passage, Paul uses this imagery of appetite as an indicator of spiritual health-

1 Corinthians 3:1–3 (NKJV) And I, brethren, could not speak to you as to spiritual *people* but as to carnal, as to babes in Christ. ²I fed you with milk and not with solid food; for until now you were not able *to receive it*, and even now you are still not able; ³for you are still carnal. For where *there are* envy, strife, and divisions among you, are you not carnal and behaving like *mere* men?

I NEW CREATIONS:

A- When we get saved, We all start as infants-

1. Babies in Jesus; There's a lot we don't understand yet, there's a lot we don't have revelation on-
 - a. BUT; There's desire... **1Pt2:2** Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment,
 - i. Desire/hunger for God... When this is missing it is an indicator that something is missing.
 - ii. Every convert I've had has a hunger... getting to church/asking questions/reading the Bible.

B- Now, it's critical to understand; Everyone grows at different paces...

1. Some grow fast; get things quick... Some grow slow; it's not the same pace (THAT'S OK)
 - a. I was a slow grower in discipleship...
2. The question isn't HOW FAST... the question is: Are you growing? ... Is there a measurement of increase...
 - a. Old Saying; *They haven't been saved 5 years, they've been saved 1 year 5 times*

II STILL CARNAL:

A- The issue in our passage is that Paul identified a lack of development;

1. **V2** I fed you with milk and not with solid food; for until now you were not able *to receive it*, and even now you are still not able; for you are still carnal...
 - a. The word Carnal= Fleshy/Worldly/Sinful
2. Now the Balance is: PG: "*Redemption is PARTIAL*" It has yet to be completed...
 - a. But, that isn't what Paul is addressing... There was an appetite in salvation that was stunting their development
 - i. It was carnality. **V1** I could not speak to you as to spiritual *people* but as to carnal...

B- See; This teaches us that Carnality is a hindrance to Spirituality-

1. **Q:** Why do you think that is?
 - a. Carnality & Spirituality create appetites and desire...
 - i. **Gal5:16** But I say, walk by the Spirit, and you will not gratify the desires of the flesh.
 - ii. What you feed, you will desire that more... It's not complicated-
2. So where are you carnal? Videos/Music/Jokes/Movies/TV... Have you noticed its hindrance in your life?
 - a. Have you noticed how it has desensitized you? Have you noticed how it's changed your convictions?
 - i. **V3** For where *there are* envy, strife, and divisions among you, are you not **carnal** and behaving like *mere* men?
 - ii. There are consequences to carnality; It affects behavior/response/division....

III WHAT CAN YOU EAT?

A- This passage is a mirror; Disciple/man of God... You need to look at you... What can you eat of the things of God

1. Ask: *Have I grown?* In the past 3mo/6mo/1yr/3yr/5yr... Or, are you on the same repetitious cycles of carnality?
2. Ask: *How will I begin/continue to grow?*
3. 3 keys to eating spiritually
 - a. Repentance: Turn away from carnality- **Rom8:7** Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.
 - b. Decide Victory: Decide what you are going to do... Joshua 24; Choose you this day
 - c. Crucify Flesh: **Lk9:23** Then He said to them all, "If anyone desires to come after Me, let him **deny himself**, and take up his cross daily, and follow Me.