

Personal Lifestyle and Leisure Activities

The Christian life is not a list of do's and don'ts, but there are clear guidelines in Scripture to help us sort out the value and hazards of different recreational activities and the things we take into our bodies.

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. (Ephesians 5:18)

Now the overseer (Christian leader) must be above reproach...not given to drunkenness....Deacons, likewise, are to be men worthy of respect, sincere, not indulging in much wine, and not pursuing dishonest gain. (1 Timothy 3:2, 3, 8)

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. (1 Corinthians 6:19-20)

Be careful, however, that the exercise of your freedom does not become a stumbling block to the weak. For if anyone with a weak conscience sees you who have this knowledge eating in an idol's temple, won't he be emboldened to eat what has been sacrificed to idols? So this weak brother, for whom Christ died, is destroyed by your knowledge. When you sin against your brothers in this way and wound their weak conscience, you sin against Christ. Therefore, if what I eat causes my brother to fall into sin, I will never eat meat again, so that I will not cause him to fall. (1 Corinthians 8:9-13)

Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—comes not from the Father but from the world. (1 John 2:15-16)

Do not be misled: "Bad company corrupts good character." (1 Corinthians 15:33)

1. How does getting drunk affect our reputation?
 2. What are the dangers of moderate drinking?
 3. Can we totally abstain from alcohol and still be a witness to our friends?
 4. How might I be a stumbling block to others?
 5. If my body is a temple of the Holy Spirit, how should I view gluttony, lack of balanced nutrition, lack of rest, uncleanliness, and other things like that?
 6. How can you set strong standards of conduct and still spend time with friends who may not agree with your standards?
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MEMORIZE: 1 Corinthians 15:33