

Sex, Food, and Faith-Informed Choices

How does faith in God affect the daily choices you make? Sometimes, it's easy or clear to see how faith influences a decision. Should I steal? No, that wouldn't be the choice of a faithful Christian. But other things are less clear. Can I enjoy sex or is it sinful? Can I eat anything I want or do I need to be more discerning? The early Christians in Corinth had many questions about how they should best honor God through their choices and they sought advice from the Apostle Paul. Let's study Paul's guidance to the Corinthians so that we can glean his wisdom and gain a better understanding of God's vision for how we honor and glorify him through our choices and how our faith informs how we act—in our personal lives, in our relationships, and in our communities.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- Where do you find it most difficult to live out your faith? Home, church, work, or school? Why do you think that is?
- Which decisions do you make on a daily basis that are most clearly informed by your faith in Christ? Which ones are more difficult to connect with your faith?



LISTEN TO THE EPISODE: [Sex, Food, and Faith-Informed Choices](#)

READ [1 Corinthians 7-8](#)

REFLECTION After listening, consider the following questions:

- In the first segment, hosts Scott Hoezee and Darrell Delaney compared different perspectives on sex among the Corinthian believers. In chapters 5-6, the attitude towards sex was laissez-faire, but in chapters 7-8, the attitude had shifted to the point that some married couples were not having sex because they were so devoted to prayer. Is that what God wants for married couples? Why is it important to communicate with your spouse about your sexual needs and desires?
- In segment 2, Darrell said, “You have the choice to make if you are going to sacrifice your convenience and your freedom to love a brother or sister; and that is the challenge, the sacrifice that needs to happen so they don't become a stumbling block to one another.” When have you had to give up a habit or practice for love's sake, knowing it hindered your sister or brother's faith in Christ? When has someone ever done the same for you?
- As Scott concluded segment 2, he summarized Paul's main point, “your knowledge shouldn't be more important than your love.” What makes this teaching particularly difficult for believers to follow and live out consistently?

- Paul taught the Corinthians to choose love over knowledge and needs over convenience. Darrell pointed out that Paul knew “God has to make a sacrifice in order to have a relationship with us.” What other stories in the Bible would you identify as examples of the way God demonstrated what it looks like to prioritize love, even when it requires sacrificing rights or knowledge?

RELATED PASSAGES for further study

[John 15:12-13](#), [Romans 14](#), [Philippians 3](#)

CONCLUSION

Following Jesus in the path of love is not easy, but it is worth it. As we’ve learned in 1 Corinthians 7-8, loving well includes communicating with your spouse about your sexual needs, choosing to think of your fellow Christian’s needs before you act according to your own knowledge, and even sacrificing your rights so that those around you might know Christ’s love and unity. Yet, this difficult path of love is the very path that Jesus walked throughout his life. It’s a path that eventually led him to the cross, and ultimately through death and into resurrected life. What struck you as you heard these teachings of Paul and thought about God’s love and Christ’s sacrifice for you? Share your reflections with God in prayer, and talk about them with others. Give thanks for the Holy Spirit who charts the path forward for you.

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