A Healthy Diet
1 Cor. 3:1-2

Introduction:
A. Paul unable to feed Corinthians as he would have liked.
B. The word of God is to the soul what food is for the body.
   1. The young need a healthy diet to live and grow.
   2. The mature need a healthy diet to live and function.
   3. Christians eat to live and live to eat.
   4. No food or improper food leads to sickness and death.
C. God provided for the feeding of the church.
   1. A complete diet in the Bible (2 Tim. 3:16-17).
   2. Elders to feed (1 Pet. 5:1-3).
   3. Preachers/teachers to feed (1 Cor. 3:1-2)
   4. A people wanting to be fed (Matt. 5:6; 1 Pet. 2:2; Acts 17:11).
D. Let us notice three things essential to a healthy diet.

Discussion:
I. A Wholesome Diet
A. Too many churches feeding on junk food.
   1. A perverted gospel (Gal. 1:6-10).
   2. Human philosophies and traditions (Col. 2:8; Matt. 15:9).
   3. Entertainment and social talks. (Cf. 2 Tim. 4:1-2) - Not reprove, rebuke, exhort and entertain.
B. Sound doctrine is healthy doctrine
   1. Sound from word from which we get hygiene.
   2. Elders to use sound doctrine (Tit. 1:9).
   3. Preacher/teachers speak sound doctrine (Tit. 2:1; 2 Tim. 1:11-13).
   4. Christian endure sound doctrine (2 Tim. 4:3)

II. A Balanced Diet
A. The whole counsel of God (Acts 20:20, 27).
   1. Not just bits and pieces.
   2. Not just “inspirational” readings.
B. Positive and Negative.
C. Milk and Meat (Heb. 5:12-13; Pet. 2:2).
D. New and Old Testament (cf. Rom. 15:4; 1 Cor. 1:11)

III. A Regular Diet
A. Regular teaching, preaching and study.
   1. Regular assemblies (Heb. 10:25; Acts 20:7).
B. Regular feeding essential to healthy diet.
   1. Moms can plan three healthy meals day and family not have healthy diet.
      a. Some family members ship meals.
      b. Some family members picky eaters.
   2. Elder, preachers, teachers plan healthy meals.
      a. Members show up for about 1/3 or less.
      b. Members minds elsewhere when do show up.
C. Try “feeding” habits on a high school or college course.

Conclusion:
A. Leadership should be careful to offer a healthy diet.
B. Membership should be careful to receive a healthy diet.