

The Training Table (1 Corinthians 3:1-3)

Pastor Chris – 07.27.25

1. Introduction:

- The need for growth in the church at Corinth.

2. Spirit vs. Flesh:

- The importance of walking righteously before the Lord.
- **Galatians 5:16**: Walking by the Spirit.
- Paul's address to the Corinthians as people still living to please themselves.

3. Challenges of Living for the Flesh:

- The bondage of living for yourself.
- Freedom in living according to God's precepts.

4. Spiritual Growth (**Hebrews 5:12-14**):

- Paul's metaphor of feeding with milk versus solid food, indicating the Corinthians' lack of growth.
- A change in spiritual cravings.
- Becoming *skilled* in God's Word.

5. Living by the Spirit:

- Not just knowledge but also walking in the Spirit.
- Maturing in spiritual desires and “processing”.

Conclusion: Psalm 23:5 feasting at the table of the Lord.