

Adult
Sabbath School
Bible Study Guide
July | Aug | Sept 2026

FIRST AND SECOND CORINTHIANS



ALL TO THE GLORY OF GOD

Lesson 5 Study Notes[ABSG-3-2026]
July 25-31



Disclaimer

These notes are prepared to support personal and group Bible study. While written with care and in harmony with Scripture, the Sabbath School Quarterly Guide, and the Spirit of Prophecy, they are not an official publication of the Sabbath School Department of the General Conference of Seventh-day Adventist Church. The Reader is encouraged to rely first on the Bible, together with the Sabbath School Quarterly Guide and the Spirit of Prophecy writings.

Lesson 5 [July 25-31]: Understanding the Memory Text

"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God." — 1 Corinthians 10:31 (NKJV)

- The **Christian life** is about much more than **avoiding sin**.
- It is about **choosing**, in **every situation**, to **honor God** and **help others come closer** to Him.
- Throughout this week's lesson, **Paul** shows that **love for God** and **love for others** should **guide every** decision we make.
- The memory text **brings** all these lessons together into one **simple principle** that **applies** to **every part** of life.

"Therefore..."

- This word **points back** to **everything Paul** has taught in **1 Corinthians 8–10**.
- He has spoken about **knowledge**, **Christian freedom**, **self-denial**, **love for others**, and the **danger of idolatry**.
- Instead of giving a **long list** of rules, **Paul** ends with one **principle** that helps believers make **wise decisions** in **every situation**.

"Whether you eat or drink..."

- **Paul** is speaking about the question of eating food that had been associated with **idol worship**, which was a **major issue** in Corinth.
- Some believers thought they were **free** to eat anything because **idols** were **powerless**.
- Others were **troubled** because such actions **reminded** them of their **former life** of idol worship.
- **Paul** teaches that Christians should think beyond their **personal rights** and consider whether their actions **honor God** and **strengthen** the faith of others.
- Even **ordinary activities**, such as eating and drinking, can become **opportunities** to **show** our love for God.

"...or whatever you do..."

- **Paul** now **expands** the lesson **beyond food**.
- The same **principle** applies to **every area** of life.
- Our **words**, **attitudes**, **work**, **relationships**, **entertainment**, **spending**, and **daily choices** should all **reflect** that **Jesus is Lord**.
- There should **never** be a part of our lives where we **set aside God's will** to **please ourselves**.

"...do all to the glory of God."

- To **glorify God** means to live in a way that **reveals** His character of **love**, **holiness**, and **truth**.
- It means choosing what **pleases** Him instead of simply doing what we have the **right** to do.
- It also means **avoiding** anything that could **weaken** another person's faith or **draw** our own hearts **away from God**.
- When **God's glory** becomes our **highest priority**, **selfishness** loses its place, and every form of **idolatry** begins to **disappear**.

What This Means for You

- Before making any decision, ask yourself, "**Will this bring glory to God** and **help someone grow closer** to Christ?"
- If it **honors God**, **strengthens** your faith, and **blesses** others, you can move forward with **confidence**.
- If it **feeds selfishness**, **weakens** your witness, or **takes God's place** in your heart, it is better to **leave it behind**.
- When **God's glory** becomes the **purpose** of your life, your choices become **clearer** and your witness becomes **stronger**.

A Final Thought

- **God** is not only interested in what you do during **worship**.
- He cares about **how you live every day**.
- Let every choice, whether **great or small**, show that **Jesus** is the **true Lord** of your life.
- When you live for **God's glory**, your whole life becomes a **testimony** of His **love** and **grace**.

July 25: Sabbath Afternoon - Overview

Summary

- God calls us to honor Him in everything we do.
- Christian freedom should always be guided by love, not selfishness.
- Knowledge without love can hurt others and weaken the church.
- Mature believers willingly give up personal rights to help others know Christ.
- Israel's history warns us not to become careless because of our spiritual privileges.
- God calls His people to flee from every form of idolatry and remain faithful to Him alone.
- Anything that takes God's first place in our lives can become an idol.
- Love for God and love for others should shape every decision we make.
- Our choices should strengthen the faith of others and point them to Christ.
- The highest purpose of the Christian life is to bring glory to God.

Main Points to Learn This Week

Sunday: We will learn why knowledge must always be guided by love and concern for others.

Monday: We will discover how Paul gave up his personal rights to help more people accept the gospel.

Tuesday: We will see what Israel's failures teach us about temptation and remaining faithful to God.

Wednesday: We will understand why God calls His people to flee from every form of idolatry.

Thursday: We will explore how every choice we make can bring glory to God and point others to Christ.

This week we will discover how living with love, humility, and wholehearted devotion to God helps us glorify Him in every choice we make.

July 26: Sunday - Knowledge Versus Love

Read: 1 Corinthians 8:1–13; Deuteronomy 6:4–5; Acts 15:20, 29; Acts 21:25

Summary

- **God wants** His people to **grow** in both **knowledge** and **love**.
- Some believers in Corinth knew that **idols** were **nothing**, so they felt **free** to eat food that had been **offered** to them.
- Other believers had only recently **left** idol worship, so this **confused** them and **weakened** their **faith**.
- **Paul reminds** us that **knowledge** without **love** can make us **proud** and **hurt** others.
- **Knowing God** should **always lead** us to **love** Him and **care** for the spiritual **growth** of other people.
- **Christian freedom** is **not** about doing **everything** we are **allowed** to do.
- Sometimes **love leads** us to **give up** our **rights** so that another believer can **grow stronger** in **Christ**.
- Before making any decision, **think** about how it may **affect** someone else's **faith**.
- **True Christian maturity** is **shown** when **love guides** the way we use our **knowledge**.

Question

- How should Christians **use** their **knowledge** and **freedom**?

Answer

- Christians should use their knowledge with **humility** and their freedom with **love**, always **seeking** to **strengthen** the **faith** of others.

Reflection

- Do my **choices help** others **grow closer** to **Jesus**, or do they **make** their **walk** with Him more **difficult**?

Takeaway

- **True knowledge** is **shown** by a life that **loves God** and **helps** others **grow** in **Christ**.

July 27: Monday - Selfless Love

Read: 1 Corinthians 9:1–23; Acts 18:3; 1 Timothy 5:18

Summary

- Love is willing to give up personal rights for the good of others.
- Paul had the right to receive support from the church because he was preaching the gospel.
- He also had the right to marry and travel with his wife while serving God.
- But Paul chose not to use these rights because he did not want anything to stand in the way of the gospel.
- He wanted people to trust the message about Jesus, not question his motives.
- Paul was living the same lesson he had just taught about putting love before personal freedom.
- Jesus also calls us to think about how our choices affect the faith of other people.
- Sometimes love means giving up something we are free to do so that someone else can come closer to Christ.
- Ask God to help you value the spread of the gospel more than your own comfort, rights, or personal gain.

Question

- Why did Paul give up some of his rights?

Answer

- Paul gave up his rights because he loved Christ and wanted nothing to prevent people from accepting the gospel.

Reflection

- What right, comfort, or personal preference might God be asking me to surrender so that someone else can know Jesus?

Takeaway

- True love puts the gospel first and gladly gives up personal rights to help others find Christ.

July 28: Tuesday - Learning from the Past

Read: 1 Corinthians 10:1–13

Summary

- God **wants** you to **learn** from the **successes** and **failures** of His people in the **past**.
- The Israelites **enjoyed God's presence**, **protection**, and **daily care**, yet many still chose **idolatry**, **sexual immorality**, and **disobedience**.
- Their **spiritual blessings** did not **keep** them **faithful** because they **stopped depending** on **God** and **followed** their own **desires**.
- You also have **great spiritual blessings** through **Christ**, but these blessings do not mean you are **beyond temptation** or **failure**.
- **Never** become **confident** in your own **strength** because anyone who **thinks** they **cannot fall** is **already in danger**.
- When **temptation** comes, **remember** that **God is faithful** and always **provides** the **strength** and the **way to escape** if you **choose** to **trust** and **obey** Him.
- **Choose** to **learn** from Israel's **mistakes** instead of **repeating** them, and let every **trial draw you closer** to **Jesus** each day.

Question

- Why did **Paul remind** believers about **Israel's failures**?

Answer

- **Paul** wanted believers to **learn** from Israel's **mistakes**, **stay humble**, **depend** on **God**, and **avoid falling** into the same **sins**.

Reflection

- Am I **depending** on **yesterday's** spiritual experiences, or am I **trusting Jesus** to **keep me faithful** today?

Takeaway

- **Spiritual blessings** are a **privilege**, not a **guarantee**. **Stay close** to **Jesus** every day, and He will **help you overcome temptation**.

July 29: Wednesday - Warning Against Idolatry

Read: 1 Corinthians 10:5–22

Summary

- God **alone deserves** your **worship** and your **complete loyalty**.
- **Paul** taught that believers could not take part in **pagan worship** because **no one** can **belong** to **Christ** while **sharing** in **false worship**.
- When you **choose** to **follow Jesus**, your **worship**, **loyalty**, and **life** must belong to Him **alone**.
- Although many people today do not **bow** to idols, anything that **takes God's place** in your heart becomes an **idol**.
- **Money**, **success**, **pleasure**, **relationships**, **possessions**, or anything you **love** more than **God** can slowly **draw** your heart **away from Him**.
- **God calls** you to **love** Him **above** everything else and to **remove** anything that **weakens** your relationship with Him.
- **Choose** every day to **remain faithful** to **Christ** because He **alone** is **worthy** of your worship.

Question

- Why must Christians **flee** from **idolatry**?

Answer

- Because we **cannot belong** to **Christ** while giving our **worship**, **loyalty**, or **hearts** to anything that **takes God's place**.

Reflection

- Is there anything in my life that is **competing** with **Jesus** for my **love** and **loyalty**?

Takeaway

- **Give Christ** your **whole heart** because **only** He is **worthy** of your **worship** and **complete devotion**.

July 30: Thursday - Overcoming Idolatry

Read: 1 Corinthians 10:23–11:1; Mark 10:17–22; Mark 12:28–31

Summary

- **Loving God** above everything else **protects** you from **idolatry**.
- When you **put God first**, you will also **care** about the **good** of other people.
- The rich young ruler **loved** his **possessions** more than **God**, and his wealth became an **idol**.
- **Not** everything you are **free** to do will **help** others **grow** in their faith.
- **Love** sometimes **asks** you to **give up** your own **rights** for another person's **spiritual good**.
- Before making any decision, **ask** whether it **brings glory** to **God** and **helps** others **follow Jesus**.
- Like **Paul**, **choose** to **live** for God's **glory** and **seek** the **salvation** of those around you.
- **Follow** the **example** of **Christ** by **putting God first** and **loving** others every day.

Question

- How can you **overcome idolatry**?

Answer

- **Love God** above everything, **care** for others, and **make choices** that **bring glory** to **God**.

Reflection

- Do my daily choices show that I **love God first** and **care** about the **spiritual good** of others?

Takeaway

- **Put God first**, **love** others, and **let** every choice **bring glory** to Him.

July 31: Friday - Further Thought

Read: "Idolatry at Sinai," pp. 315–330, in Patriarchs and Prophets

Summary

- **God** wants your life to **encourage** other people to **know** Him and **remain faithful** to Him.
- Before you **speak** or **act**, **think** about how your **choices** may **affect** another person's **faith**.
- Sometimes **love** means **giving up** something you are **free** to do so that **no one** is **led away** from **Christ**.
- **Idolatry** is not only worshiping images because **self**, **comfort**, **pleasure**, and anything **loved** more than **God** can become an **idol**.
- When you **love God** above everything else, you will **seek** His **glory** instead of your own **desires**.
- **Live** like **Christ** every day so your life **helps** others **accept** His **truth** and **follow** Him.

Question

- How should your **love for God** **affect** the way you **live**?

Answer

- **Love God** above everything, **think** about how your choices **affect** others, and **live** for His **glory**.

Reflection

- Do my daily choices **help** people **come closer** to **Jesus**, or do they become a **stumbling block** to their **faith**?

Takeaway

- **Put God first**, **love** others, and **let** your life **point** people to **Christ**.