

For they drank from the spiritual Rock that followed them, and the Rock was Christ. - 1 Corinthians 10:4

## I. BACK TO THE WILDERNESS

- Paul continues his thought from 9:27. There are ways in which we disqualify ourselves from the “prize” (1 Cor. 9:27; Heb. 3:7-4:13).
- Paul refers to “our fathers” in verse 1 even though he is speaking to both Jews and Gentiles in this letter (Rom. 4:16-17, 9:6-7; Eph. 2:11-22).

## II. EVERYONE...NO EXCEPTIONS

- All were under the cloud, all passed through the sea, all were baptized, all ate the same spiritual food, all drank the same spiritual drink (Vss. 1-4).
- They were baptized into Moses in the sense that they were brought under the leadership of Moses, as Christians in baptism are brought under the authority of Christ, and pledge themselves to him (John 4:1-3; Rom. 6:3-4; 1 Peter 3:21-22).
- All the Israelites ate the manna, all drank from “the Rock” (Ex. 16:4, 35, 17:6, Num. 20:7-11, Neh. 9:20; Ps. 78:15-16).

## III. THE ROCK WAS CHRIST

- The preincarnate Christ was in the wilderness, leading the people of Israel and sustaining them (Vs. 4; Num. 20:7-8; Neh. 9:19-21).
- Christ is “the Rock” as God is “the Rock of Israel” (Deut. 32:4, 15, 18, 30, 31; Isa. 51:1).
- Israel was both baptized and shared spiritual food and drink. Thus, they enjoyed sacramental experiences which pre-figured ours.

## IV. NEVERTHELESS...

- In spite of Israel’s privileges, God was not pleased with them. Most fell in the desert (Num. 14:17-30).

**KNOW:** The Corinthians, like the Israelites before them, were sustained by Jesus. Nevertheless, they are called to persevere in the faith or find that they are not there at the end.

**DO:** Hold fast to your faith. Be sustained by Jesus.

**Suggested Reading:**

*Seeing God in the Dark: Unraveling the Mysteries of Holy Living* by J.I. Packer  
(Available soon in the LifePoint Adult Library)

**For Teens:**

*Do Not Be True To Yourself* by Kevin DeYoung  
(Available in the LifePoint Teen Library)

**Next Week's Text:** 1 Corinthians 10:6-13

**Questions/Discovery Points for  
Life Groups/Families**

**Please Read 1 Corinthians 10:1-5**

1. What does Paul not want the Corinthians to be unaware of?
2. Why is Paul stressing the unity of experiences that the people of Israel experienced in the wilderness wandering?
3. All Israel shared in the benefits of God's blessings. Why did they fall away?
4. What is Paul warning us about?
5. How could Jesus have been in the wilderness with Israel? He was born over a thousand years after their experiences.
6. How does this text challenge you? What will you do to keep yourself from being disqualified?