



# Be Careful Not to Fall

### Main idea

We need to be careful with the way we live.

### Warm-up

Share one incident when you did not pay attention to a warning given to you. What happened?

### introduction

#### [McDo Coffee Cup Illustration]

One time, an 81 year old woman was injured by a hot cup of McDonald's coffee. Reports say that as she started her car, she placed the hot cup on her lap. When she moved, coffee spilled over, burning her thigh and legs. The result was a third degree burn that became one of the biggest cases in America. The case almost required McDonalds to pay her \$2.9M which was reduced to \$480,000. And, from then on, McDonalds put warning labels on their coffee cups: **"Caution: Hot beverages are hot!"** (duh??!!)

No matter how unintelligent/dumb/stupid such warnings may sound, it is still safe to put them because we all have a tendency to ignore and neglect warnings—

*"Walang tatawid, nakamamatay"* pero tumatawid pa din!

*"Caution: wet paint"* tapos hahawakan to know if "wet" nga!

*"Huwag ka na umasa, lolokohin ka lang"* pero ikaw, sigelang!

### Message

*These things happened to them as examples and were written down as warnings for us, on whom the fulfilment of the ages has come. So, if you think you are standing firm, be careful that you don't fall!*

**1 Cor 10:11-13**

One of the important warnings in the Bible: Be careful that you don't fall! Paul addressed the church in Corinth and warned them about sexual immorality. He told them that being careful is very important in the area of temptation.

Many of us think of falling into temptation like we were crossing a boundary line. As long as we have not crossed the boundary line, we are still "okay". We say, *"it's okay, hindi pa naman ito sin eh"*.

But we fail to be careful to stay far away from it. We do not cross the boundary line but we stay close and "flirt" with temptation. Then, before we know it, one push brings us to the other side and we end up trapped in temptation.

### challenge

Are we careful everyday? We do not just need to be careful when temptation is there, but we need to be careful everyday with how we live our lives. We need to be careful with where we go, careful with whatever we do, careful with who we're with, what we see and what we think of.

Pause and ask yourself: Will I be getting myself in a trap? Be careful that you don't fall! We can never be too sure.

### Application/Prayer

In what area of your life do you need to be more careful?