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**1 Corinthians 7:29-35 (CSB)**  
<sup>29</sup> This is what I mean, brothers and sisters: The time is limited, so from now on those who have wives should be as though they had none,

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**1 Corinthians 7:29-35 (CSB)**  
<sup>30</sup> those who weep as though they did not weep, those who rejoice as though they did not rejoice, those who buy as though they didn't own anything,

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**1 Corinthians 7:29-35 (CSB)**

<sup>31</sup> and those who use the world as though they did not make full use of it. For this world in its current form is passing away.

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**1 Corinthians 7:29-35 (CSB)**

<sup>32</sup> I want you to be without concerns. The unmarried man is concerned about the things of the Lord—how he may please the Lord.  
<sup>33</sup> But the married man is concerned about the things of the world—how he may please his wife—

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**1 Corinthians 7:29-35 (CSB)**

<sup>34</sup> and his interests are divided. The unmarried woman or virgin is concerned about the things of the Lord, so that she may be holy both in body and in spirit.

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**1 Corinthians 7:29-35 (CSB)**

<sup>34</sup> But the married woman is concerned about the things of the world—how she may please her husband.

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**1 Corinthians 7:29-35 (CSB)**

<sup>35</sup> I am saying this for your own benefit, not to put a restraint on you, but to promote what is proper and so that you may be devoted to the Lord without distraction.

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What if the point of marriage is not that it makes us happy but that it makes us holy.

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### 1 Corinthians 7:1 (CSB)

Now in response to the matters you wrote about: "It is *good* for a man not to have sexual relations with a woman."

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### 1 Corinthians 7:2 (CSB)

But because sexual immorality is so common, each man should have sexual relations with his own wife, and each woman should have sexual relations with her own husband.

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“Very few people have the ability to remain single successfully...The problem is not singleness. The problem is being married and acting like you’re single. Or being single and acting like you’re married.”

~ Skip Heitzig, pastor

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**1 Corinthians 7:3-4 (CSB)**

<sup>3</sup> A husband should fulfill his marital duty to his wife, and likewise a wife to her husband.

<sup>4</sup> A wife does not have the right over her own body, but her husband does.

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**1 Corinthians 7:3-4 (CSB)**

<sup>4</sup> A wife does not have the right over her own body, but her husband does. In the same way, a husband does not have the right over his own body, but his wife does.

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A God-honoring marriage is mutually self-yielding.

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“Death to self is the center of marriage’s gravitational pull, not personal gratification.”  
~ Jonathan C Edwards

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**1 Corinthians 7:5-6 (CSB)**

<sup>5</sup> Do not *deprive* one another— except when you agree for a time, to devote yourselves to prayer. Then come together again; otherwise, Satan may tempt you because of your lack of self-control.

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**1 Corinthians 7:5-6 (CSB)**

<sup>6</sup> I say this as a concession, not as a command.

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Paul isn't saying that a spouse has a right to demand physical intimacy, but an obligation to offer it.

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**1 Corinthians 7:7 (CSB)**

I wish that all people were as I am. But each has his own gift from God, one person has this *gift*, another has that.

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Both the state of being married  
and the state of being single  
require gifts from God.

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### Matthew 19:9-11 (CSB)

<sup>9</sup> "I tell you, whoever divorces his wife,  
except for sexual immorality, and  
marries another commits adultery."

<sup>10</sup> His disciples said to him, "If the  
relationship of a man with his wife is  
like this, it's better not to marry."

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### Matthew 19:9-11 (CSB)

<sup>11</sup> He responded, "Not everyone can  
accept this saying, but only those to  
whom it has been *given*."

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**1 Corinthians 7:8 (CSB)**

I say to the unmarried and to widows:  
It is good for them if they remain as  
I am.

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**1 Corinthians 7:9 (CSB)**

But if they do not have **self-control**,  
they should marry, since it is better to  
marry than to burn with desire.

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Marriage can be a refuge from  
pressures of sexual immorality.

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Just like entering a butcher's shop with a wild predator can still get you devoured, entering into marriage with untamed lust can still destroy you.

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### 1 Corinthians 7:10-11 (CSB)

<sup>10</sup>To the married I give this command—not I, but the Lord—a wife is not to leave her husband.

<sup>11</sup>But if she does leave, she must remain unmarried or be reconciled to her husband—and a husband is not to divorce his wife.

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- 1) Sexual unfaithfulness
- 2) Desertion by an unbelieving spouse

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"Therefore, if a person says, 'God just doesn't want me to be married to this person anymore' or 'God brought someone better to me,' they are wrong and not speaking from God at all. God never recognizes a divorce for such reasons."

~ David Guzik

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### **1 Corinthians 7:12-14 (CSB)**

<sup>12</sup> But I (not the Lord) say to the rest: If any brother has an unbelieving wife and she is willing to live with him, he must not divorce her.

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### **1 Corinthians 7:12-14 (CSB)**

<sup>13</sup> Also, if any woman has an unbelieving husband and he is willing to live with her, she must not divorce her husband.

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**1 Corinthians 7:12-14 (CSB)**

<sup>14</sup> For the unbelieving husband is made **holy** by the wife, and the unbelieving wife is made **holy** by the husband. Otherwise your children would be unclean, but as it is they are **holy**.

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**1 Corinthians 7:15-16 (CSB)**

<sup>15</sup> But if the unbeliever leaves, let him leave. A brother or a sister is not bound in such cases. God has called you to live in peace.

<sup>16</sup> Wife, for all you know, you might save your husband. Husband, for all you know, you might save your wife.

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**1 Corinthians 7:17 (CSB)**

Let each one live his life in the **situation the Lord assigned** when God called him. This is what I command in all the churches.

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**1 Corinthians 7:18 (CSB)**

Was anyone already circumcised when he was called? He should not ***undo his circumcision***.

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**1 Corinthians 7:18-19 (CSB)**

<sup>18</sup> Was anyone called while uncircumcised? He should not get circumcised.

<sup>19</sup> Circumcision does not matter and uncircumcision does not matter. ***Keeping God's commands is what matters.***

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Whether you're married or single means nothing in comparison to obeying the commands of God.

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**1 Corinthians 7:20-24 (CSB)**

<sup>20</sup> Let each of you remain in the situation in which he was called.

<sup>21</sup> Were you called while a slave? Don't let it concern you. But if you can become free, by all means take the opportunity.

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**1 Corinthians 7:20-24 (CSB)**

<sup>22</sup> For he who is called by the Lord as a slave is the Lord's freedman. Likewise he who is called as a free man is Christ's slave.

<sup>23</sup> You were bought at a price; do not become slaves of people.

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**1 Corinthians 7:20-24 (CSB)**

<sup>24</sup> Brothers and sisters, each person is to ***remain with God in the situation in which he was called.***

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If it is God's will that you to live in a situation you don't want to be in,  
His grace will equip you,  
His love will compel you,  
and His Spirit will empower you!

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**1 Corinthians 7:26 (CSB)**

Because of the *present distress*, I think that it is good for a man to remain as he is.

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**1 Corinthians 7:27 (CSB)**

Are you bound to a wife? Do not seek to be released. Are you released from a wife? Do not *seek* a wife.

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**1 Corinthians 7:28-31 (CSB)**

<sup>28</sup> However, if you do get married, you have not sinned, and if a virgin marries, she has not sinned. But such people will have trouble in this life, and I am trying to spare you.

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**1 Corinthians 7:28-31 (CSB)**

<sup>29</sup> This is what I mean, brothers and sisters: ***The time is limited***, so from now on those who have wives should be as though they had none,

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**1 Corinthians 7:28-31 (CSB)**

<sup>30</sup> those who weep as though they did not weep, those who rejoice as though they did not rejoice, those who buy as though they didn't own anything,

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**1 Corinthians 7:28-31 (CSB)**

<sup>31</sup> and those who use the world as though they did not make full use of it. For **this world in its current form is passing away.**

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Life is short...Jesus is returning.

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**1 Corinthians 7:32-35 (CSB)**

<sup>32</sup> I want you to be **without concerns.** The unmarried man is concerned about the things of the Lord—how he may please the Lord.  
<sup>33</sup> But the married man is concerned about the things of the world—how he may please his wife—

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**1 Corinthians 7:32-35 (CSB)**

<sup>34</sup> and his interests are divided.  
The unmarried woman or virgin is concerned about the things of the Lord, so that she may be holy both in body and in spirit.

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**1 Corinthians 7:32-35 (CSB)**

<sup>34</sup> But the married woman is concerned about the things of the world—how she may please her husband.

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**1 Corinthians 7:32-35 (CSB)**

<sup>35</sup> I am saying this for your own benefit, not to put a restraint on you, but to promote what is proper and so that you may be devoted to the Lord ***without distraction.***

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It's harder to be married to the kingdom when you are married to a spouse.

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### 1 Corinthians 7:38-40 (CSB)

<sup>38</sup> So, then, he who marries his fiancée does well, but **he who does not marry will do better.**

<sup>39</sup> A wife is bound as long as her husband is living. But if her husband dies, she is free to be married to anyone she wants—only in the Lord.

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**1 Corinthians 7:38-40 (CSB)**

<sup>40</sup> But she is happier if she remains as she is, in my opinion. And I think that I also have the Spirit of God.

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“For Paul, being unmarried meant fewer distractions in serving God. Tragically, to many modern single Christians, singleness is a terrible distraction!

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Instead, they should regard their present unmarried state (whether it is temporary or permanent) as a special opportunity to please God.”  
~ David Guzik

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**Psalm 63:1-5 (CSB)**

<sup>1</sup> O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water.

<sup>2</sup> I have seen you in your sanctuary and gazed upon your power and glory.

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**Psalm 63:1-5 (CSB)**

<sup>3</sup> Your unfailing love is better than life itself; how I praise you!

<sup>4</sup> I will praise you as long as I live, lifting up my hands to you in prayer.

<sup>5</sup> You satisfy me more than the richest feast. I will praise you with songs of joy.

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