“Falls Prevention and Rehab!”
1 Corinthians 10:12
Pressing on toward holiness!

“That He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless” (Ephesians 5:27).

Wednesday nights = “sanctification good works”
Amy Scroggs on Senior Falls

**Trip**, slip, stumble
(didn’t see it coming; ambush)

**Disoriented**, vertigo –
up down all around
(no bearings)

**Weak** – legs cannot
 carry the load

**Faint** – overwhelmed /
 pass out – unconscious
 and unaware
Preventative Steps to Avoid Falling

**Warning:** “let him who thinks he stands....” **NOT ME!!!**

“Take heed” = pay attention!

Deut. 32:35 – “It is mine to avenge; I will repay. In due time their foot will slip; their day of disaster is near and their doom rushes upon them.”
Take Heed of What?

1 Peter 4:7 – devil prowls ...seeking someone
some prowlers are opportunists
some target victims
Satan does both

Genesis 4:7 – sin crouches at the door

Numbers 32:23 – “your sin will find you out!”

Hebrews 4:13 – “no creature hidden from His sight...”
What Happens When a Christian Sins?

**Relationship** with God

Still secure – John 10:28

His gift is **Eternal** life (John 3:16)

God disciplines those whom He loves – Hebrews 12:6

**Fellowship** with God

Breached – His inability to work through you

Certain to:
* grieve the Spirit (or)
* quench the Spirit (or)
* resist the Spirit (or all)

Result: Your witness undercut:

* Stumbling block to the lost: Matthew 18:7
God’s Work to **Keep You From Falling**

**God will:** (1 Corinthians 10:13)

* remains **faithful** to you
* He will not let you be tempted beyond what you are able

**Note:** and thus “tests” your heart

* (with the temptation) provides the way of escape also!
How to Rehab From a Fall (Ephesus) Revelation 2:5

1. Remember from where you have fallen (where you were)

2. Repent (metanoia, change your mind) about what’s really good and fulfilling for you

3. Do the deeds you did at first (beyond think/pray)

Or else lampstand will be removed (witness)
   ** a lack of care, compassion, motivation for the lost people hell-bound **AND FINALLY....
Take It From Simone Biles: Cling To What Is Secure