Chapter 10. I don’t want you to forget, dear brothers and sisters, about our ancestors in the wilderness long ago. All of them were guided by a cloud that moved ahead of them, and all of them walked through the sea on dry ground. Verse 2. In the cloud and in the sea, all of them were baptized as followers of Moses.
Verse 3. All of them ate the same spiritual food. Verse 4. and all of them drank the same spiritual water. For they drank from the spiritual rock that traveled with them, and that rock was Christ. Verse 5. Yet God was not pleased with most of them, and their bodies were scattered in the wilderness.
Verse 6. These things happened as a warning to us, so that we would not crave evil things as they did. Verse 7. or worship idols as some of them did. As the Scriptures say, “The people celebrated with feasting and drinking, and they indulged in pagan revelry.” NLT
And we must not engage in sexual immorality as some of them did, causing 23,000 of them to die in one day. Nor should we put Christ to the test, as some of them did and then died from snakebites.
Verse 10. And don't grumble as some of them did, and then were destroyed by the angel of death. Verse 11. These things happened to them as examples for us. They were written down to warn us who live at the end of the age. Verse 12. If you think you are standing strong, be careful not to fall.
Verse 13. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. Verse 14. So, my dear friends, flee from the worship of idols.

NLT
Verse 15. You are reasonable people. Decide for yourselves if what I am saying is true.

Verse 16. When we bless the cup at the Lord's Table, aren't we sharing in the blood of Christ? And when we break the bread, aren't we sharing in the body of Christ?

Verse 17. And though we are many, we all eat from one loaf of bread, showing that we are one body. 

NLT
Verse 18. Think about the people of Israel. Weren’t they united by eating the sacrifices at the altar? Verse 19. What am I trying to say? Am I saying that food offered to idols has some significance, or that idols are real gods? Verse 20. No, not at all. I am saying that these sacrifices are offered to demons,
not to God. And I don't want you to participate with demons. Verse 21. You cannot drink from the cup of the Lord and from the cup of demons, too. You cannot eat at the Lord's Table and at the table of demons, too. Verse 22. What? Do we dare to rouse the Lord's jealousy? Do you think we are stronger than he is?
Verse 23. You say, "I am allowed to do anything" -- but not everything is good for you. You say, "I am allowed to do anything" -- but not everything is beneficial. Verse 24. Don't be concerned for your own good but for the good of others. Verse 25. So you may eat any meat that is sold in the marketplace without raising questions of conscience. NLT
Verse 26. For "the earth is the LORD'S, and everything in it." Verse 27. If someone who isn't a believer asks you home for dinner, accept the invitation if you want to. Eat whatever is offered to you without raising questions of conscience. Verse 28. (But suppose someone tells you, "This meat was offered to an idol." NLT
Don't eat it, out of consideration for the conscience of the one who told you. Verse 29. It might not be a matter of conscience for you, but it is for the other person.) For why should my freedom be limited by what someone else thinks? Verse 30. If I can thank God for the food and enjoy it,
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why should I be condemned for eating it? Verse 31. So whether you eat or drink, or whatever you do, do it all for the glory of God. Verse 32. Don't give offense to Jews or Gentiles or the church of God. Verse 33. I, too, try to please everyone in everything I do.
I don't just do what is best for me; I do what is best for others so that many may be saved.