**Introduction**

God’s grace is sufficient. God’s desire for the church is that we would be healthy and holy.

- Healthy relationships – harmony and love
- Healthy teaching – sound doctrine
- Healthy ministry – serving and making disciples
- Healthy living – growing in godliness.

The only way we can be healthy and holy as a church is to walk with God and be honest about our sin.

I. WE MUST CARE FOR THE HEALTH OF THE CHURCH
VERSES 1-4

If the problems plaguing the church at Corinth continued, the church would die.

They had been warned. This will be Paul’s third visit.

Paul writes, “On my return, I will not spare those who sinned earlier.”

Sin must be dealt with in the body or it can destroy the whole church. Sin is to our spiritual health, what cancer is to our physical health.
How do we deal with sin in the church?

We follow Matthew 18:15-17

• Go to your brother in private.
• Take one or two others along.
• Tell it to the church.
• Treat him as you would an unbeliever.

II. WE MUST CARE FOR OUR OWN SPIRITUAL HEALTH.
VERSES 5-10

Examine yourselves. We each have a responsibility to deal with the sin in our life.

The word test in verse 5 is the same word used in I Corinthians 11:28 regarding the Lord’s Supper. We are to examine ourselves before we take communion.

Sometimes it is easier to see the sin in others than in our own life. We need to take care of our own sin first.

“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.”

Matthew 7:1-5

“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”

Matthew 7:1-5

In the Peacemaker Training the four steps for conflict resolution are:

• Glorify God.
• Get the log out of your own eye first.
• Gently restore.
• Go and be reconciled.
Paul prayed for their perfection – a better translation would be restoration or completion. It is the idea of healthy and holy. Paul wanted to see relationships restored, sin confessed and their faith mature. The Scripture can tell us how to deal with our sin, but it is up to us to do it.

“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother, then come and offer your gift.” Matthew 5:23-24

III. AIM FOR HEALTH AND HOLINESS.
VERSES 11-14

There are 5 commands in verse 11. The New American Standard Bible lists them like this:
• Rejoice
• Be made complete
• Be comforted
• Be like-minded
• Live in peace.
Do this and the God of love and peace will be with you.

Paul ends his letter with a benediction. All of this is based on God’s work in us. Apart from him, we can do nothing. But with him, we can do all things. It is also Trinitarian. All three persons of the Trinity are mentioned in this blessing.

Conclusion:
Aim for perfection – for health and holiness.
Finish the work, “being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” Philippians 1:6
May we each do our part to make this a healthy and holy church.