

# SELAH Devotional

## Freedom That Builds, Not Brags

**Text:** 1 Corinthians 8:1-13

### **S — Stop**

Take a moment to pause. Put your phone face down. Take one slow breath in... and out.

Ask yourself: **What's something I feel really confident or "right" about lately?**

### **E — Exhale**

As you breathe out, release the pressure to prove yourself.

Pray quietly:

"God, help me stop trying to win or be impressive."

Let your shoulders drop. Let your mind settle.

### **L — Look**

Read this verse slowly:

"Knowledge puffs up, but love builds up."  
*(1 Corinthians 8:1)*

Paul was writing to Christians who *knew* the right things but their choices were hurting other people's faith.

They were using their freedom to show how strong they were, instead of using it to help others grow.

Ask yourself:

- Do my choices make it easier or harder for others to follow Jesus?
- Am I more focused on being right... or being loving?

### **A — Ask**

Talk honestly with God.

You might ask:

- “Jesus, where do I care more about my freedom than someone else’s faith?”
- “Who around me might be affected by my choices, words, or example?”
- “Help me love like You love, even when it costs me something.”

## **H — Hear**

Read this sentence slowly:

“If food causes my brother or sister to stumble, I will never eat meat again.”  
*(1 Corinthians 8:13, paraphrased)*

Paul is saying:

**Real strength is choosing love over showing off.**

Listen quietly and ask:

**What might God be inviting me to give up, or be more careful with, so someone else can grow closer to Him?**

Sit in silence for a few seconds.

## **Closing Prayer**

“Jesus, thank You for loving me first.  
Teach me to use my freedom to help others, not hurt them.  
Help me build people up the way You build me up.  
Amen.”