

SERMON-BASED STUDY: STOP ACTING LIKE A CHILD

Hebrews 5:11-6:3, ESV – ¹¹ About this we have much to say, and it is hard to explain, since you have become dull of hearing. ¹² For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, ¹³ for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. ¹⁴ But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.

¹ Therefore let us leave the elementary doctrine of Christ and go on to maturity, not laying again a foundation of repentance from dead works and of faith toward God, ² and of instruction about washings, the laying on of hands, the resurrection of the dead, and eternal judgment. ³ And this we will do if God permits.

Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

ENGAGE WITH THE MESSAGE

- 1 When you think of someone who is spiritually mature, what qualities come to mind?
- 2 What does it mean to be *dull of hearing*? What are the dangers of this spiritual *laziness*? What does it look like to have *sharp* spiritual hearing?

- 3 According to Hebrews 6:1-2, what are some examples of *milk* in the Christian life? What are some examples of *solid food*?

DIGGING DEEPER

- A **1 Corinthians 3:1-4, NIV** – ¹*But I, brothers, could not address you as spiritual people, but as people of the flesh, as infants in Christ. ²I fed you with milk, not solid food, for you were not ready for it. And even now you are not yet ready, ³for you are still of the flesh. For while there is jealousy and strife among you, are you not of the flesh and behaving only in a human way? ⁴For when one says, “I follow Paul,” and another, “I follow Apollos,” are you not being merely human?*
- 4 What evidence does Paul cite in this passage to show the Corinthian believers are still *infants in Christ*? How do you see evidence of spiritual immaturity in yourself and in the church?
- 5 How does this passage challenge the way Christians today identify with certain church leaders or denominations? What are the dangers of focusing on human leaders over the foundational truth of the Gospel?
- 6 What steps can you take to progress from *milk* to *solid food* in your understanding of Scripture and your walk with God?
- B **Philippians 3:12-16, ESV** – ¹²*Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. ¹³Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the upward call of God in Christ Jesus. ¹⁵Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. ¹⁶Only let us hold true to what we have attained.*
- 7 What past successes, failures, hurts or sins do you need to forget so you can move forward in your faith? How can you release these things to be able to grow spiritually?
- 8 How can we find a balance between holding on to what we have attained and straining forward to what lies ahead in our spiritual growth?

- 9 What does it mean to be spiritually mature? How does that relate to recognizing your own imperfections and how to grow in your faith?

TAKING IT HOME

Looking at our passage today, we hear a call to move from spiritual infancy to spiritual maturity. Are you currently receiving *spiritual milk* or *solid food*? Why do you believe this is so? What steps do you need to take this week to progress from *milk* to *solid food* in your faith?

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

1 Corinthians 2:6; 13:11; 14:20
Ephesians 4:13-19
1 Peter 2:2