



# Bethel South Sermon Notes – “Got Milk?”

**Speaker:** Ps Mike Gowans

**Series:** Jesus Is Better

**Scriptures:** Hebrews 5:11–14, Hebrews 6:1–3

## Main Idea

God's desire is not simply that we become believers—it is that we become mature disciples. Spiritual maturity is not measured by how long you've been saved, how many sermons you've heard, or how much Bible knowledge you've accumulated. Maturity is measured by obedience, growth, and the ability to help others follow Jesus.

## The Problem: Still Living on Milk

### Hebrews 5:12

"Though by this time you ought to be teachers, you need someone to teach you again the basic principles..."

The writer of Hebrews confronts a difficult reality:

Many believers had been Christians long enough that they should have been teaching others, yet they were still dependent on spiritual milk.

Ps Mike painted a vivid picture:

Imagine a grown man sitting in a high chair, wearing a bib, crying because his bottle is empty.

That image is disturbing because growth is expected.

The same is true spiritually.

### Key Thought:

Time does not automatically produce maturity.

You can:

- **Attend church for years**
- **Hear hundreds of sermons**
- **Read Christian books**
- **Accumulate Bible knowledge**

And still remain spiritually immature.

## Spiritual Maturity Requires Intentional Growth

Growth does not happen accidentally.

The Christian life requires:

- **Obedience**
- **Repentance**
- **Practice**
- **Application**
- **Dependence on the Holy Spirit**

### **Key Thought:**

Knowledge alone never matures a believer.

Obedience does.

The question is not:

"How much do I know?"

The question is:

"How much am I obeying?"

## **Moving On Doesn't Mean Moving Away**

### **Hebrews 6:1**

"Let us leave the elementary doctrine of Christ and go on to maturity..."

The writer is not saying to abandon the basics.

He's saying to build upon them.

Ps Mike used the example of learning the alphabet.

You never outgrow the alphabet.

You use it to build:

- **Words**
- **Sentences**
- **Paragraphs**
- **Books**

In the same way, mature believers continue building upon foundational truths.

### **Key Thought:**

Maturity is not leaving the foundation behind. It's building upon it.

# **Six Foundational Truths Every Believer Needs**

## **1. Repentance From Dead Works**

Repentance is where the Christian life begins.

True repentance is more than feeling bad.

It is:

- **Turning away from sin**
- **Changing direction**
- **Surrendering our old way of life**

### **Godly Sorrow Produces:**

- **Conviction**
- **Transformation**
- **Growth**

### **Key Thought:**

Repentance is not a one-time event.

It is a lifelong practice.

Healthy Christians remain quick to repent.

## **2. Faith Toward God**

Christianity begins with faith.

But it was never meant to stop there.

### **Questions:**

- **Are you trusting God with your finances?**
- **Are you trusting God with your marriage?**
- **Are you trusting God with your health?**
- **Are you trusting God with your future?**

Many believers trust Jesus for salvation but continue trusting themselves for everything else.

### **Key Thought:**

Faith is not just how you enter the Kingdom—it's how you live in it.

## **3. Baptisms**

Ps Mike highlighted three baptisms taught in Scripture.

### **Baptism Into Christ**

Occurs at salvation.

We become new creations and are united with Christ.

### **Water Baptism**

An outward declaration of inward transformation.

A step of obedience and public identification with Jesus.

## **Baptism in the Holy Spirit**

An empowering work of the Holy Spirit that enables believers to live boldly and effectively for Christ.

### **Key Thought:**

God desires both salvation and empowerment for His people.

## **4. The Laying On of Hands**

This foundational truth reminds us that Christianity is not a solo journey.

We were created for:

- **Community**
- **Spiritual family**
- **Accountability**
- **Encouragement**

Ps Mike reminded us:

Lone sheep become wolf food.

Isolation makes believers vulnerable.

### **Key Thought:**

Growth happens in proximity.

You were never meant to walk alone.

## **5. The Resurrection of the Dead**

The resurrection is the believer's ultimate hope.

Because Jesus rose from the grave:

- **Death is defeated**
- **Eternity is secure**
- **Hope remains alive**

### **Key Thought:**

The worst thing is never the last thing.

For believers, the best is still ahead.

The resurrection changes how we face:

- **Suffering**
- **Loss**
- **Trials**

- **Death itself**

## **6. Eternal Judgment**

One day every person will stand before God.

### **For Unbelievers:**

The Great White Throne Judgment.

### **For Believers:**

The Judgment Seat of Christ.

This is not about salvation.

It is about giving an account for how we lived.

### **Questions:**

- **Did I live for Jesus?**
- **Did I invest in what matters eternally?**
- **Did I steward what God gave me?**

### **Key Thought:**

We want our lives to produce works that survive the fire.

## **How Do You Know Your Foundation Is Strong?**

A foundation is not proven by what you know.

It is proven by what you can build.

Ps Mike challenged the church:

**You know your foundation is solid when you can help lay it for someone else.**

Mature believers don't simply consume.

They reproduce.

They help:

- **Disciple others**
- **Teach others**
- **Strengthen others**
- **Build others**

### **Key Thought:**

A mature believer becomes a builder.

## **Going On to Maturity**

God is calling His Church beyond spiritual infancy.

Not to abandon the basics.

But to build on them.

### **Ask Yourself:**

- **Am I still living on milk?**
- **Have these foundations been firmly established in my life?**
- **Am I helping others build their foundation?**

## **Final Challenge**

If your foundation is not solid, don't stay there.

Take action.

Ps Mike encouraged the church to:

- **Join the Purple Book study**
- **Go through the One-to-One discipleship booklet**
- **Pursue intentional spiritual growth**
- **Allow others to help build a strong foundation**

### **Key Thought:**

God doesn't want us to remain spiritual infants.

He wants us to grow into mature disciples who can help others do the same.

## **The Invitation**

Let's move beyond simply attending church.

Let's move beyond collecting knowledge.

Let's move beyond spiritual milk.

Let's build a strong foundation and go on to maturity together.

Because mature disciples don't just receive truth.

They reproduce it.

## **Discussion Questions**

1. **What is the difference between spiritual knowledge and spiritual maturity?**
2. **Which of the six foundational truths do you feel strongest in, and which one do you need to grow in?**
3. **Why do you think believers sometimes remain spiritually immature even after years of following Jesus?**
4. **How has community and spiritual family helped strengthen your walk with Christ?**
5. **What practical step can you take this week to move from simply receiving spiritual truth to helping someone else grow in it?**