



# *still on milk?*

hebrews 5:11-14

11 We have a great deal to say about this, and it is difficult to explain, since you have become too lazy to understand.

12 Although by this time you ought to be teachers, you need someone to teach you the basic principles of God's revelation again. You need milk, not solid food.

13 Now everyone who lives on milk is inexperienced with the message about righteousness, because he is an infant.

14 But solid food is for the mature —for those whose senses have been trained to distinguish between good and evil.



# **MATURITY IN THE BODY**

*Growing Together into Christlikeness*



# *still on milk?*

hebrews 5:11-14

11 We have a great deal to say about this, and it is difficult to explain, since you have become too lazy to understand.

12 Although by this time you ought to be teachers, you need someone to teach you the basic principles of God's revelation again. You need milk, not solid food.

13 Now everyone who lives on milk is inexperienced with the message about righteousness, because he is an infant.

14 But solid food is for the mature —for those whose senses have been trained to distinguish between good and evil.

11 We have a great deal to say about this, and it is difficult to explain, since you have become too lazy to understand.

12 Although by this time  
you ought to be  
teachers, ...



# *still on milk?*

hebrews 5:11-14

# **The Painful Diagnosis**

**Hebrews 5:11-12a**



11 We have a great deal to say about this, and it is difficult to explain, since **you have become too \_\_\_\_\_ to understand.**

11 We have a great deal to say about this, and it is difficult to explain, since **you have become too lazy to understand.**



**By This Time**

12 Although \_\_\_\_\_ **you ought to be teachers,** you need someone to teach you the basic principles of God's revelation again. You need milk, not solid food.

12 Although by this time you ought to be teachers, you need someone to teach you the basic principles of God's revelation again. You need milk, not solid food.

A photograph of three black and white cows against a bright, clear sky. The cow on the left is the largest and most prominent, looking directly at the camera with its large ears spread. Two smaller cows are positioned to its right, one slightly behind the other, both looking towards the right side of the frame. The text "They ought to be teachers." is overlaid in the center of the image in a bold, black, sans-serif font.

**They ought to be teachers.**



12 Although by this time **you** **ought to be teachers**, you need someone to teach you the basic principles of God's revelation again. You need milk, not solid food.



**Instead of teaching others, they  
still need teaching.**

12 Although by this time you ought to be teachers, **you need someone to teach you the \_\_\_\_\_ of God's revelation again.** You need milk, not solid food.

12 Although by this time you ought to be teachers, **you need someone to teach you the basic principles of God's revelation **again****. You need milk, not solid food.

A photograph of three black and white cows against a bright, clear sky. The cow on the left is the largest and most prominent, looking directly at the camera. The two cows on the right are smaller and looking slightly to the right. The text "Diagnosis, Not Accusation" is overlaid in the center in a bold, black, sans-serif font.

**Diagnosis, Not Accusation**

1 Therefore, **let us** leave the elementary teaching about Christ and \_\_\_\_\_, not laying again a foundation of repentance from dead works, faith in God,

1 Therefore, **let us** leave the elementary teaching about Christ and **go on to maturity**, not laying again a foundation of repentance from dead works, faith in God,

A photograph of three black and white cows against a bright, clear sky. The cow on the left is the largest and is looking directly at the camera. The two cows on the right are smaller and are looking slightly to the right. The text is overlaid on the image.

# **Milk vs. Solid Food**

**Hebrews 5:12b-13**

12 You need milk, **not**

\_\_\_\_\_.

12 You need milk, **not**  
**solid food.**

**13** Now everyone who lives on \_\_\_\_\_ is inexperienced with the message about **righteousness**, because he is an infant.

**13** Now everyone who lives on milk is inexperienced with the message about **righteousness**, because he is an infant.

1 repentance from dead  
works, faith in God,

2 teaching about ritual washings, laying on of hands, the resurrection of the dead, and eternal judgment.

A photograph of three black and white cows against a bright, clear sky. The cow on the left is the largest and most prominent, looking directly at the camera. The two cows on the right are smaller and looking slightly to the right. The text "What Solid Food Is" is overlaid in the center of the image.

# What Solid Food Is

13 Now everyone who lives on milk is inexperienced with **the** \_\_\_\_\_, because he \_\_\_\_\_, because he is an infant.

13 Now everyone who lives on milk is inexperienced with the message about righteousness, because he is an infant.

A photograph of three black and white cows against a bright, clear sky. The cow on the left is the largest and most prominent, looking directly at the camera. The two cows on the right are smaller and looking slightly to the right. The text "Why We Get Stuck on Milk" is overlaid in the center in a bold, black, sans-serif font.

# Why We Get Stuck on Milk

A photograph of three black and white cows against a bright, clear sky. The cow on the left is the largest and most prominent, looking directly at the camera. The two cows on the right are smaller and looking slightly to the right. The text "Milk is Comfortable" is overlaid in the center in a bold, black, sans-serif font.

**Milk is Comfortable**

A photograph of three black and white cows against a bright, clear sky. The cow on the left is the largest and most prominent, looking directly at the camera. The other two cows are smaller and positioned to the right, looking slightly away from the camera. The text "Milk is Easy to Fake" is overlaid in the center of the image.

**Milk is Easy to Fake**

A photograph of three black and white cows against a bright, clear sky. The cow on the left is the largest and most prominent, looking directly at the camera. The other two cows are smaller and positioned to the right, looking slightly away from the camera. The text is overlaid in the center of the image.

**Milk Feels Safe Because Everyone  
Else is on it Too**

The image features three cows against a bright, clear sky. On the left, a large cow with a white face and dark patches is looking towards the camera. In the center, a smaller cow with a black face and white patches is looking slightly to the right. On the right, another cow with a white face and dark patches is looking towards the camera. The text is overlaid on the left side of the image.

# **The Mark of the Mature**

**Hebrews 5:14**

14 But **solid food is for the**  
                    —for those whose  
senses have been trained to  
distinguish between good  
and evil.

14 But **solid food is for the mature**—for those whose senses have been trained to distinguish between good and evil.

**14 for those whose  
senses have been \_\_\_\_\_  
to distinguish between  
good and evil.**

**14 for those whose  
senses have been trained  
to distinguish between  
good and evil.**



# **How Discernment Gets Built**

A photograph of three black and white cows against a bright, clear sky. The cow on the left is the largest and most prominent, looking directly at the camera. The two cows on the right are smaller and looking slightly to the right. The text "The Mature Christian in Real Life" is overlaid in the center of the image.

# **The Mature Christian in Real Life**

A photograph of three cows against a bright, clear sky. The cow on the left is the largest and most prominent, with its head and neck in sharp focus. It has a white face with dark spots around its eyes and a large, pink nose. The two cows on the right are smaller and positioned further back, appearing slightly out of focus. They also have white faces with dark patches. The overall scene is brightly lit, suggesting a sunny day. The text "As We Close..." is overlaid in a large, bold, black font across the upper portion of the image.

**As We Close...**

1 Therefore, let us leave  
the elementary teaching  
about Christ and go on  
to maturity, ...



# *still on milk?*

hebrews 5:11-14