

Sermon Notes 9/27/2026
Series: Values (Growing Godly)
Subject: Spiritual Food

- We live in a culture that spends considerable time and money focused on the food we eat. Today, we ask: as Christians, do we give more attention to our physical nourishment or to our spiritual nourishment?
- In Matthew 4:4, Jesus tells Satan, Man shall not live by bread alone, but every word that comes from the mouth of God.
Jesus taught that physical bread supports life for a time, but the spiritual bread from God's mouth sustains us forever.
- The word of God is so powerful that Hebrews 4:12 tells us, "the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart."
- Text Chapter and Verses
Hebrews 5:11-14
About this we have much to say, since you have become dull of hearing. For though by this time you ought to be teachers, you need someone to teach you the basic oracles of God. You need milk, not solid food, for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. But solid food is for the mature, for those who have their powers trained by constant practice to distinguish good from evil.
- As we read these verses, we can feel the writer's frustration as he tells the Hebrew people, "by this time you ought to be teachers, but you need someone to teach you again."
The Hebrew people were not advancing to the deeper doctrines of God's word. They were stuck in the elementary teachings and were not advancing as they should.
They had "had become dull of hearing." This Greek word takes on the meaning of becoming lazy, slow, or listless.
- Milk represents the elementary teachings of God's word, while solid food represents the deeper doctrines. The milk of God's word is not bad—in fact, it is essential—but there comes a time when believers should grow beyond the basics and become useful in building God's kingdom.

- **Moving from Milk to Solid Foods**

Question – How can a Christian make the move from Milk to Solid foods?

Answer – Solid spiritual foods require regular practice in obedience, deeper study in Scripture, and a willingness to live out what we have learned.

- **A Scriptural test to take to see if we are in the milk or solid food phase of our Christian walk.**

1- Do we continually need to be taught the basics? Hebrews 5:12

2- Can we handle difficult biblical Truths? Hebrew 5:13

3- How strong is our spiritual discernment? Hebrew 5:14

4- Does fleshly behavior control us? 1st Corinthians 3:1-3

5- Are we easily influenced? Ephesians 4:14

6- Are we becoming teachers? Hebrews 5:12