

IT'S TIME TO GROW UP

Hebrews 5:11-14

"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." (Hebrews 5:11-14)

PASTORS SPEAK HARD TRUTHS OUT OF LOVE FOR THE SAINTS

- *"We have a great deal to say about this, and it is difficult to explain, since you have become too lazy to understand."* (Hebrews 5:11)
- **Hearing difficult truths and correction is necessary, especially when we are stagnant or declining in our spiritual growth.**

LAZINESS HINDERS SPIRITUAL GROWTH

- *"We have a great deal to say about this, and it is difficult to explain, since you have become too lazy to understand."* (Hebrews 5:11)
- **A lack of commitment to spiritual growth leads to repeating the same cycles over and over again while never maturing in Christ.**
- *"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."* (Hebrews 5:12-13)

MATURITY IN CHRIST IS REVEALED IN HOW WE IDENTIFY AND RESPOND TO GOOD AND EVIL

- *"But solid food is for the mature—for those whose senses have been trained to distinguish between good and evil."* (Hebrews 5:14)

- **We must move beyond the "spiritual milk" for babies and on to "solid spiritual food" if we want to live out God's purposes for our lives..**
- **If we don't feed our spiritual growth properly we will remain vulnerable to discouragement, deception, and disobedience to God.**

CONNECT GROUP DISCUSSION

Observation

- What is the **primary** theme of Hebrews 5:11-14?
- Why do you think it's important for pastors and spiritual leaders to speak hard truths, even when they are difficult to hear?
- What do you think the author of Hebrews means by saying the audience has become "too lazy to understand"?
- Hebrews 5:12 says the audience should be teachers by now but still needs to learn the basics. What might be some signs that someone is stuck on "milk" rather than "solid food"?

Understanding

- In what ways can spiritual laziness show up in our own lives today? (See Proverbs 13:4; Romans 12:11).
- What are some steps we can take to grow toward spiritual maturity? (See 1 Corinthians 3:1-3; 2 Peter 3:18).
- Verse 13 says that those who live on milk are "inexperienced with the message about righteousness." What does it mean to be experienced in righteousness? How can we train ourselves to grow in righteousness day by day? (See 2 Timothy 3:16; James 1:22-25).
- According to verse 14, mature believers have their senses trained to distinguish good from evil. What does this kind of discernment look like in everyday life? (See Romans 12:1-2; Philippians 1:9-11).
- Can you share a time when spiritual maturity helped you or someone you know discern a wise path?
- How can we help one another in this group move from spiritual infancy to maturity?
- What practical habits help us grow stronger in our faith? (See Colossians 3:16; Hebrews 10:24-25).

Loving Outward:

- Who do you need to share the gospel with this week?
- Who do you need to follow-up with regarding the gospel?
- Who are you bringing to church next Sunday?