

Milk and Muscle

11.6.23

Duane Major

Remember: you do not have to do the entire study (you may not have time) – you can choose what questions you want to discuss.

Read Hebrews 5:11-7-10

1. What does maturity mean? What does Christian maturity look like?
2. Read 5:14. What constant use mean and what does it look like?
3. What is meant by training? Why is it important? How does this apply to maturity?
4. What is wrong with just staying on a diet of 'milk'? Why is this a problem?
5. How have you been fostering habits and disciplines to help you grow and mature as a follower of Jesus?
6. How do we move beyond the elementary teachings mentioned in 6:1? How do we make sure we are growing? How do we know?
7. Why is role-modelling important? What does it do?
8. Who are your spiritual role models? Why? What have they provided that has helped you?
9. Read 7:2. Why did Abram offer a tithe? What is a tithe?
10. How do we learn to trust God more? How do we learn to trust him *with* more?
11. What do you need to trust God with? How will you do this?

Prayer points:

- Pray for the plight of refugees, the homeless, and the displaced around the world.
- Pray for the two families from Afghanistan soon to be arriving with us.
- Pray for those affected by violence and conflict around the globe.