

- Meaning of milk and meat (solid food)

## WHAT IS THE MILK AND MEAT OF THE WORD OF GOD?

Central Idea: *The “milk” of the Word is for babes in Christ, and the “meat” of the Word of God belongs to mature Christians. Grow so as to “eat meat.”*

### ⌘ An important question

- It relates to our spiritual growth as believers – spirituality or maturity
- 3 elements involved in spiritual growth ...
- Some conclusions ...

### ⌘ The Milk and Meat of the Word of God

- New Testament passages

1 Peter 2.1-2

1 Corinthians 3.1-3

Hebrews 5.12-14

### ⌘ Two Lessons for Spiritual Maturity

#### Questions for Personal Reflection or Group Discussion

1. How long have you known Jesus? Are you where you should be in your understanding of Scripture and your relationship to the Savior?
2. What factors have contributed to your lack of or progress in spiritual growth?
3. What role do you think you can play to be used by the Spirit to encourage the maturity of fellow believers in your home or church family? What part does your own spiritual growth play in helping others grow to maturity?

Community Bible Church  
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This outline is provided to assist you in understanding and applying today's message. *What is the Milk and Meat of the Word of God?* is the second message in a series entitled **You Asked For It**. This message can be listened to or downloaded at [cbcomaha.org](http://cbcomaha.org).

— A SERMON SERIES —



*you*  
**ASKED**  
*FOR IT*

—  
FAITH. QUESTIONS. ANSWERS.







**GOOD**

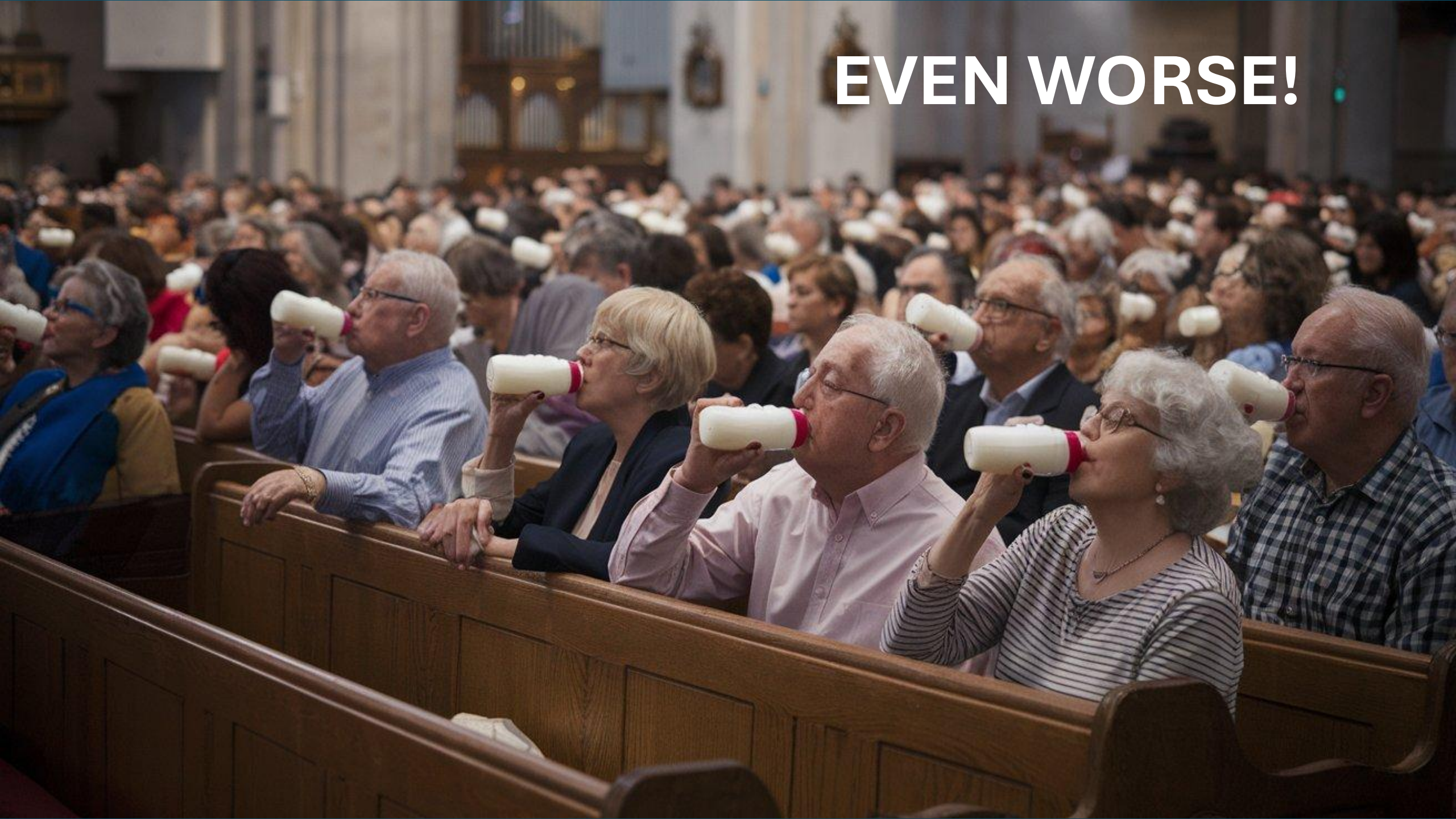


**BABY CHRISTIAN**  
*spiritual milk*



**NOT SO GOOD**

**EVEN WORSE!**



# What is the *Milk and Meat* of the Word of God?

## ➤ An Important Question

- Relates to spiritual growth
- 3 elements
  1. Regeneration
  2. Holy Spirit
  3. Time
- Some Conclusions



# What is the *Milk* and *Meat* of the Word of God?

## Some Conclusions

- a new believer cannot be considered mature
- an older believer can still be immature
- even mature believers continue to grow
- immaturity need not last long



# What is the *Milk* and *Meat* of the Word of God?

- The Milk and Meat of the Word of God
  - NT passages
  - Meaning of milk and meat



<b>MILK</b>	<b>MEAT</b>
Foundational truths	Deeper understanding and application
For new or immature believers	For mature believers
Focuses on the basics of the faith	Explores the richness and implications of biblical doctrine
Builds the foundation	Builds on the foundation
Requires simple understanding	Requires discernment developed through obedience

# What is the *Milk* and *Meat* of the Word of God?

## ➤ Three Lessons for Spiritual Maturity

*While spiritual growth is the work of God, it is also the work of the believer.*



# What is the *Milk* and *Meat* of the Word of God?

## ➤ Three Lessons for Spiritual Maturity

*The NT does not encourage believers to remain on “milk.”  
The goal is growth.*



# What is the *Milk* and *Meat* of the Word of God?

## ➤ Three Lessons for Spiritual Maturity

*The spiritual believer will imitate Jesus Christ.*

