

From Spiritual Infancy to Healthy Maturity
Hebrews 5:11-14
9-18-22

I. Listen Well

Hebrews 2:1

Ephesians 4:18-20 – *"They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!"*

Hebrews 3:14

II. Eat Healthy

1 Peter 2:2 – *"Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation."*

1 Corinthians 3:1-3

Philippians 3:9 – *"...and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith..."*

III. Exercise

Ephesians 4:11-14 – *"And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes."*

Growing Deeper This Week

1. Evaluate your own life. Can you think of any areas in which you are spiritually immature and are thus still an infant in the faith? Name them. Are you currently growing in spiritual maturity? If so, in what ways?
2. What excuses do you often hear regarding one's ignorance of biblical knowledge or spiritual understanding? What excuses do you find yourself using? How does this passage address the excuses we usually give for our failure to grow in biblical literacy and spiritual maturity?
3. The author rebukes this congregation for needing teachers when they should be teaching others. Does this rebuke help you think differently about your responsibility to teach other Christians? If so, how? How is an individual Christian's responsibility to teach others different from an elder's or pastor's responsibility to teach the church?
4. What is the purpose of discipleship? What should the process of discipleship look like? Are you currently discipling a younger believer? Why or why not? Think of a less mature believer in your life you could disciple.
5. In what ways do you practice spiritual intuition on a daily basis? How can you sharpen this intuition? How does MCC help us develop a spiritual intuition?
6. Who ultimately is responsible for the spirituality of a Christian – the individual or the church?
7. Pray as an individual or as a group to grow in spiritual maturity.