

Noonday Bible Study
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Lesson 1

“Graduating from Milk to Meat”

Hebrews 5:12-14

(vs12)

“For when the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk; and not of strong meat.”

(vs 13)

“For everyone that useth milk is unskillful in the Word of righteousness: for he is a babe.”

(vs14)

“But strong meat belongeth to them that are of full age, even these who are by reason of use have their senses exercised to discern both good and evil.”

Note:

- Believers are urged to progress from basic spiritual infancy to maturity.
- They had been christians (believers) a while, long enough that they should be teachers, instead they return back to their previous state, needing milk (basic teachings) rather than “solid food” meat. (deeper truths)
- Like a spiritual stagnation.

Stagnation:

-state of being still, failing to grow, develop

- Anyone that relies only on milk is inexperienced in the word of God
- A spiritual infant lacks the independence to understand deeper biblical truths.

- They need help, just like a baby in the natural is not independent and needs the help of others while they are on milk.
- “Solid food” is meant for mature believers, They understand, receive, grow and continue to mature and help build the Kingdom of God.
- A mature person can distinguish between good and bad.

Discernment:

- Is the God given ability to distinguish truth from error, good from evil, and to make wise decisions that align with God's Will.
- It goes beyond natural human wisdom, relying on the Holy Spirit and scripture truth to navigate life.
- It comes from spiritual maturity (Hebrews 5:14)
- It comes from the Holy Spirit and the Word of God (Hebrews 4:12)
- It comes through prayer (Philippians 1:9)

Crf:

1 Kings 3:9

“Give therefore thy servant an understanding heart to judge thy people, that I may discern between good and bad: for who is able to judge this thy great a people?”

- King Solomon prayed for discernment between good and bad to govern over God's people. (wisdom)

Romans 12:2

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect Will of God.”

- In the New Testament discernment requires transformation, **a renewed mind.**

1 John 4:1

“Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.”

- Believers are instructed to test what they hear to see if it aligns with the character of Jesus and the Word of God.

1 Corinthians 2:14

“But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.”

- Spiritual things are spiritually discerned, The Holy Spirit guides believers into truths and gives them the insight needed to make choices pleasing to God.

1 Peter 2:2

“As newborn babes, desire the sincere milk of the Word of God, that ye may grow thereby:”

Note:

- This verse compares new believers' relationship with God to a newborn baby; the need for milk in order to grow.
- The milk for the believer is the Word of God. This Word daily will lead to spiritual growth and maturity. You will eventually graduate from milk to meat.
- Milk is the beginning in your relationship (new birth), but it should not be your middle and later. You should develop and grow, just like a baby in the natural does; so do we in the spiritual.
- Craving milk will not only promote spiritual growth, but help believers mature in their faith and live out their salvation. Be led by the Holy Spirit daily.
- To benefit from God's Word and teachings we all must clear out our mind and ways from worldly and sinful behaviors.

(1 Peter 2:1)

- The previous verse tells us to lay aside negative, destructive attitudes: like malice, deceit, hypocrisy, envy, and gossip.

Ephesians 4:14-15

(vs14)

“That we henceforth be no more children tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive.”

(vs15)

“But speaking the truth in love, may grow up into Him in all things, which is the head, even Christ:”

Note:

- These verses urged believers to grow out of spiritual immaturity and embrace maturity by grounding themselves in God’s truths.
- Paul warns about being easily swayed by false teachings and stresses that Christians must communicate and live out the truths with genuine love.
- Paul compares spiritually immature Christians to children who are easily tossed around,
- He warns them not to be blown off course by every wind of doctrine or deceitful scheming of people trying to mislead them.
- Without a firm foundation, believers will fall for fleshly, false ideas.
- Don’t be vulnerable and unstable, be believers that speak the truth in love.
- Hold firm to the teachings of Jesus and communicate them with grace and compassion.
- The ultimate goal is to grow up and become more like Christ.
- Spiritual maturity is a lifelong process of acting and thinking like Jesus.

