

THE STRONG MEAT OF THE WORD

- Text: Heb. 5:11-14
- The importance of benefiting from the complex spiritual _____ of God's Word (= "strong meat" 2x in the passage).
- I. THE FAILURE TO BENEFIT FROM THE MEAT OF THE WORD (vs. 11-12)**
- Unpacking vs. 11:
 - "Of Whom" = not Melchizedek but our Great High Priest, _____ the Son of God.
 - "Hard to be uttered" = hard to _____ or interpret.
 - Problem = his hearers had become dull ("sluggish, slow, lazy") of _____. Not at first but had become so over time.
- This description fits the profiles of three kinds of people found in churches:
 - Profile 1: The apostate _____
 - Profile 2: The shallow, _____ professor
 - Profile 3: The _____ or stagnating believer
 - Vs. 12, "for [because of] the time" = considering how long they had been saved and under sound of God's Word, they should have grown enough to _____ others.
 - "The first principles of the oracles of God" = the basic, _____ truths of Scripture.
 - "Strong meat" = _____ food that requires chewing for digestion like meat.
- II. THE _____ TO BENEFIT FROM THE MEAT OF THE WORD (vs. 13)**
- In the Christian life, those who can only eat milk show that they are still in a state of spiritual _____.
- But it's dangerous to remain in a state of spiritual childhood (Eph. 4:14-15).
An immature Christian:
 - Isn't able to recognize subtle _____ from sound doctrine.
 - _____ more because he is ignorant of the Word of righteousness;
 - Is more likely to create carnal conflicts and _____;
 - Is more likely to lead themselves and others _____ (2 Pet. 3:16-18, 1 Pet. 2:2).
- We grow by eating the _____ of the Word until we are ready to transition to the meat of the Word.
- III. THE _____ TO BENEFIT FROM THE MEAT OF THE WORD (vs. 14)**
- Unpacking:
 - "Them that are of full age" = spiritually mature people.

- "By reason of use" = through a _____.
- "Senses" = the faculties of _____ perception.
- "Exercised" = trained through _____ (gymnasium).
- "Discern" = to distinguish, judge between two things, tell them apart.
- Paraphrase:
 - "But the strong meat of the Word belongs to those who are full-grown _____ in Christ, even those believers who through habit of life have their faculties of spiritual perception developed by means of regular exercise to distinguish both good and evil."
- If you want to become a mature Christian, you will have to spend time and effort _____ in the Word.
- Question: Do you have regular _____ of reading, studying, and mastering God's Word?
 - Vs. 12, "ought" = to owe a _____.
 - Studying to becoming skillful in the Word is not just for pastors and teachers; it's a _____ for every believer.
- Practical implementation:
 - Use a good _____ Bible.
 - Read a good _____ along with your devotions.
 - Put good software on your computer or a good app on your phone.
 - Put effort into opportunities to hear and grow at _____.
 - Enroll in Bible studies and Bible Institute classes.
 - Listen to good _____, podcasts, etc. (with discernment).
 - Engage with others in meaningful discussion of Scripture.
- Observations:
 - Personal _____ is God's plan for the growing believer (Prov. 19:24).
 - We should never have to be admonished for being _____ of hearing. When God talks, we should listen.
 - The growth described is not just intellectual and internal but practical and _____.
 - We need regular habits of studying, hearing, learning, and growing discernment in the Word; but we also need to develop the regular habit of _____ the Word to life.
 - Being spiritual is not just about what you know but about what you do with what you know.