

Milk Drinkers and Meat Eaters ☆

REALife Application

How's Your Diet?

- _____ Barely Eating
_____ Unbalanced Eating
_____ Balanced Eating
_____ Over Eating

Biblical Example: Milk & Solid Food

Hebrews 5:11-6:3

A Milk Diet

Milk's Source: The Gospel

Milk's Value: Foundational

Milk's Limits: Insufficient

A Meat Diet

Meat's Source: The Word

Meat's Value: Necessary

Meat's Limits: Cooperative

The Bottom Line: I must pursue maturity by avoiding a passive Christian experience.

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or REALife Group.

1. How would you characterize your spiritual diet? Would you say you are a milk drinker or a meat eater? Why do you think that is? What's keeping you from being a meat eater?
2. What would a milk diet consist of according to 6:1-2? What are the characteristics of a person who is strictly on a milk diet? Which of these characteristics, if any, are more like you?
3. What would a milk diet consist of according to 5:1-10 & John 4:34? How does shape the way you relate to the Lord?
4. What is your role in the maturity process? What is God's role? What are some things this year that you could do that will create the opportunities for the Lord to build maturity in you?



Memory Verse

¹⁴ But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.
Hebrews 5:14

