

# “Before and After”

April 16, 2023

**Hebrews 5:11-14** – “We have much to say about this, but it is hard to make it clear to you because you no longer try to understand. <sup>12</sup>In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God’s word all over again. You need milk, not solid food! <sup>13</sup>Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. <sup>14</sup>But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”

**Ephesians 4:14-15** (NCV) – “Then we will no longer be babies. We will not be tossed about like a ship that the waves carry one way and then another. We will not be influenced by every new teaching we hear from people who are trying to fool us. They make plans and try any kind of trick to fool people into following the wrong path. <sup>15</sup>No! Speaking the truth with love, we will **grow up** in every way into Christ, who is the head.”

## We grow when we...

### 1. Feed on \_\_\_\_\_ .

**Matthew 4:4** – “Jesus answered, ‘It is written in the Scriptures, ‘A person lives not on bread alone, but by everything God says.’”

**Acts 20:32** (Emphasis added) - “Now I commit you to God and to the word of his grace, which can **build you up** and give you an inheritance among all those who are sanctified.”

## 2. Develop \_\_\_\_\_ .

**John 13:17** (GNT - Emphasis added) – “Now that you know this truth, how happy you will be if you **put it into practice!**”

**Hebrews 5:14** (NLT - Emphasis added) – “Solid food is for those who are mature, who **through training** have the skill to recognize the difference between right and wrong.”

**I Corinthians 9:24-25** (Emphasis added) - “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. <sup>25</sup>Everyone who competes in the games goes into **strict training**. They do it to get a crown that will not last, but we do it to get a crown that will last forever.”

## 3. Commit to \_\_\_\_\_ .

**Jeremiah 29:13** - “You will seek me and find me when you seek me with all your heart.”

**II Corinthians 13:9** (LB) – “We are glad to be weak and despised if you are really strong. Our greatest wish and prayer is that you will become mature Christians.”