

Three Stages of Christian Growth
Hebrews 5:13-14

Babe Drink milk Not Trained	In-between In Training	Mature Solid food Already Trained
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Trained to discern good and evil

“For everyone who partakes only of **milk** is not accustomed to the word of righteousness, for he is a **babe**. But **solid food** is for the **mature**, who because of practice have their **senses trained** to discern good and evil” (Heb 5:13-14).

Deepen Your Roots #1-2

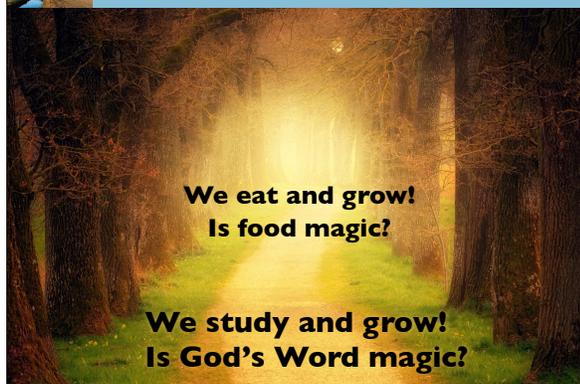
The Three Stages of Growth

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- First level of growth
- Second level of growth
- Third level of growth

“Their senses trained to discern good and evil” (14).

Deepen Your Roots #1-2



We eat and grow!
Is food magic?

We study and grow!
Is God's Word magic?



Deepen Your Roots #1-2

Spiritual Discernment

- Not magic!
- Spiritual growth connected with detecting between good and bad
- Food strengthens the physical body
- The Word of God similarly strengthens our soul which brings special insight.
- We grow when the Word of God is properly consumed. More on this later.



Deepen Your Roots #1-2

Summary

- Can your body profit from foods that you don't eat?
- We still grow even not knowing how it works.
- What characterizes the three levels of spiritual life?
- Why is God's Word not magic?
- We have lots yet to explore!

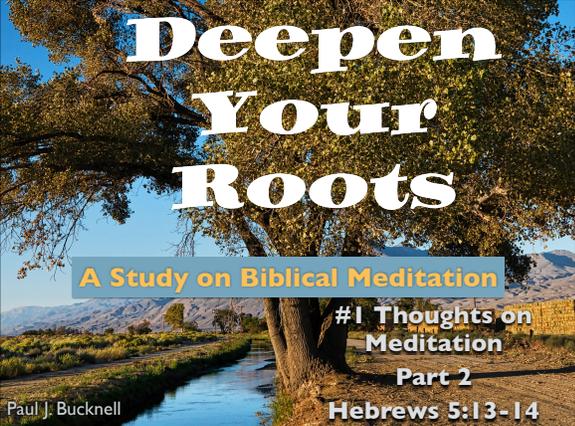


Deepen Your Roots #1-2

Discussion Questions

- Why is milk and meat mentioned in the Hebrews 5 passage?
- How does the Word of God helps us grow spiritually?
- Give an example when you had some "meat" of the Word. How did it help you?





Deepen Your Roots

A Study on Biblical Meditation

#1 Thoughts on Meditation
Part 2

Hebrews 5:13-14

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