

# Exercise #1 Thoughts on Meditation (Hebrews 5:13-14)

Paul J. Bucknell

*Concerning him we have much to say, and it is hard to explain, since you have become dull of hearing. 12 For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food. 13 For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is a babe. 14 But solid food is for the mature, who because of practice have their senses trained to discern good and evil. (Hebrews 5:11-14 NASB)*

Directions: Carefully go through Hebrews 5:11-14 several times highlighting all the aspects of Christian growth that are explicitly or subtly being taught in these verses. Mark up the text above to help.

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