

## Hebrews 5.11-6.12 A BALANCED DIET AND LIFE

Share the favourite food that you like to indulge in from time to time?

Our diet is important because when all is said and done (or rather eaten), 'We are what we eat!' Hebrews wants us to see that as Christians we are what we spiritually eat. Our choice of spiritual food will determine what sort of Christians we are and will become.

### **A) THE DANGERS OF A POOR DIET:**

Read Hebrews 5: 11-14

1. The writer would like to teach them more but he doesn't know whether they have got what it takes! Why?
2. Were they recent converts? How was their 'Age to Growth' ratio as Christians?
3. What was the consequences of their condition? What did it lead to?

Read Hebrews 6:1-3

4. List the 6 things that are considered elementary teachings or milk ?
5. His solution seems a little strange at first—to move on from the “elementary teachings” about Christ. Why do you think the writer wanted to move on from these elementary teachings? *(Tip: v11 Had they heard them before? If so, what was the real problem then?)*

Read Hebrews 6:4-8

6. What actually is “impossible” (6:4-6)? What is the main thrust of this warning?

7. How is the warning of 6:7-8 related to the warning of 6:4-6?

### **B) THE BENEFITS OF A GOOD DIET**

Read Hebrews 6: 9-12

8. How confident is the writer that his readers will actually go on to maturity? Why?
9. List the things that should accompany salvation ?

### **Implications :**

- Why do you think he gives such stern warnings like those given in verses 4-6? When do we need to hear those warnings?
- Discuss what a healthy spiritual diet for a Christian who wants to grow might look like?
- “Genuine faith is faith that continues to the end.” Comment

### **FOR PERSONAL REFLECTION -**

- How is your age to growth ratio as a Christian?
- Is your present spiritual diet helping you to mature? What do you need to change to help with faster growth?

Pray together about having good spiritual diets