

We have much to say about this, but it is hard to explain because you are slow to learn. 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! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil. Hebrews 5:11-14 (NIV)

In Training

Are you just plodding along or are you in training? Are you making progress or are you in a rut? Are you moving forward with me or are you lagging far behind me? Have you grown in knowing and doing my will? Are you now able to teach others or are you still needing to be taught the very basics of living your life with and for me. Those are difficult and thought provoking questions. **These questions are worthy of your full consideration. I want you to think deeply about each one of them.** That, I will do.

What would being in training with you look like? If I wanted to sign up to be in training what would I need to do? **Now, you are asking good questions that I will let you answer.** If I want to be in training with you I must meet with you. **How often?** If I want to seriously train with you I must meet with you every day. **So, will you set a specific time and a place to meet with me?** Is that critically important? **You tell me. How has your daily meeting with me, in my word, gone when you have not established a specific time and a place to meet with me?** It has gone nowhere. When I have not established a regular time and place to meet with you, it usually doesn't happen. **Why is that?** My busy days seem to crowd you out of my life. Days and weeks and sometimes even months have gone by without me meeting with you in your word when I haven't established a consistent pattern and practice of our meeting together. **That's not good.** No, it is not. **How much have you grown in your life of faith during these interludes when we have not met together in my word?** Not much, maybe not at all. **Is that alright with you?** No, it is not. I want to grow strong in my faith as I live my life with and for you. **That's good.**

Do you want to sign up to be in training with me right now? Is there any reason to delay? Yes, I want to sign up to be in training with your right now. No, there is no reason for any delay. I will pick a time and a place to meet with you daily in your word. I will begin to feast on your word so that you can feed and sustain my life. I will allow you to mold and shape my life with your word. Guard and guide my life with your word. Make me able to teach others how they can live their lives with and for you. **Yes, I will.**

Lord, I will feed on the solid food of your word. Feed and sustain my life with your word. Use your word to help me to know and do your will. Change my heart and transform my mind with your word. Use your word to strengthen me to do all you ask of me. Amen

Wisdom *Trained Themselves*

We have much to say about this, but it is hard to explain because you are slow to learn. 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! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

NIV Hebrews 5:11-14

Wisdom *Through Training*

There is much more we would like to say about this, but it is difficult to explain, especially since you are spiritually dull and don't seem to listen. You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. For someone who lives on milk is still an infant and doesn't know how to do what is right. Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong.

NLT Hebrews 5:11-14

Wisdom *Trained By Practice*

About this we have much to say that is hard to explain, since you have become dull in understanding. For though by this time you ought to be teachers, you need someone to teach you again the basic elements of the oracles of God. You need milk, not solid food; for everyone who lives on milk, being still an infant, is unskilled in the word of righteousness. But solid food is for the mature, for those whose faculties have been trained by practice to distinguish good from evil.

NRSV Hebrews 5:11-14

Wisdom *Trained By Practice*

Concerning this we have much to say which is hard to explain, since you have become dull in your [spiritual] hearing and sluggish [even slothful in achieving spiritual insight]. For even though by this time you ought to be teaching others, you actually need someone to teach you over again the very first principles of God's Word. You have come to need milk, not solid food. For everyone who continues to feed on milk is obviously inexperienced and unskilled in the doctrine of righteousness (of conformity to the divine will in purpose, thought, and action), for he is a mere infant [not able to talk yet! But solid food is for full-grown men, for those whose senses and mental faculties are trained by practice to discriminate and distinguish between what is morally good and noble and what is evil and contrary either to divine or human law.

AMP Hebrews 5:11-14

Wisdom *Because Of Practice*

Concerning him we have much to say, and it is hard to explain, since you have become dull of hearing. 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. For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil.

NASB Hebrews 5:11-14

Wisdom *Trained By Constant Practice*

About this we have much to say, and it is hard to explain, since you have become dull of hearing. For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.

ESV Hebrews 5:11-14

Wisdom *Exercised To Discern*

of whom we have much to say, and hard to explain, since you have become dull of hearing. For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

NKJV Hebrews 5:11-14

Wisdom *Have Some Practice*

I have a lot more to say about this, but it is hard to get it across to you since you've picked up this bad habit of not listening. By this time you ought to be teachers yourselves, yet here I find you need someone to sit down with you and go over the basics on God again, starting from square one—baby's milk, when you should have been on solid food long ago! Milk is for beginners, inexperienced in God's ways; solid food is for the mature, who have some practice in telling right from wrong.

MSG Hebrews 5:11-14

Wisdom *Practicing Doing Right*

There is much more I would like to say along these lines, but you don't seem to listen, so it's hard to make you understand. You have been Christians a long time now, and you ought to be teaching others, but instead you have dropped back to the place where you need someone to teach you all over again the very first principles in God's Word. You are like babies who can drink only milk, not old enough for solid food. And when a person is still living on milk it shows he isn't very far along in the Christian life, and doesn't know much about the difference between right and wrong. He is still a baby Christian! You will never be able to eat solid spiritual food and understand the deeper things of God's Word until you become better Christians and learn right from wrong by practicing doing right.

TLB Hebrews 5:11-14

Wisdom *They Have Practiced*

We have much to say about this, but it is hard to explain because you are so slow to understand. By now you should be teachers, but you need someone to teach you again the first lessons of God's message. You still need the teaching that is like milk. You are not ready for solid food. Anyone who lives on milk is still a baby and knows nothing about right teaching. But solid food is for those who are grown up. They have practiced in order to know the difference between good and evil.

NCV Hebrews 5:11-14

Trained Themselves

Year _____ Week _____ Day _____ Date _____

Wisdom – Hebrews 5:11-14

In Context: *Read Hebrews 5*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God’s Word: ***(What is God speaking to your heart?)***

We have much to say about this, but it is hard to explain because you are slow to learn. 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! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil. Hebrews 5:11-14

Considering The Words: ***(What words speak to your heart?)***

We have | much to say | about this, | but it is | hard to explain | because you | are slow | to learn. | 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! | Anyone | who lives | on milk, | being still | an infant, | is not acquainted | with the teaching | about righteousness. | But solid food | is for | the mature, | who by | constant use | have trained | themselves | to distinguish | good | from evil.
Hebrews 5:11-14

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, I will feed on the solid food of your word. Feed and sustain my life with your word. Use your word to help me to know and do your will. Change my heart and transform my mind with your word. Use your word to strengthen me to do all you ask of me. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

How is God’s word like solid food that will feed and sustain your life?

How has God’s word helped you to distinguish good from evil?

How has God’s word helped focus your heart and mind and life on righteousness?

How has God’s word helped you to both know and do His will?

Why will you be unable to know and do God’s will without His word dwelling in you?

Why will the condition of your heart and mind not change without God’s word working in you?

How are you feeding daily and training yourself on the solid food of God’s word?

Living It Out: ***(What action step is God guiding your heart to take?)***

Make it your daily pattern and practice to feed daily on God’s word.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that God will use His word to teach and train you as you feed daily on God’s word.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group how you are feeding on the solid food of God’s word.

Close With Prayer: ***Quiet Yourself Before The Lord***

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you feed daily on the solid food of God's word.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will feed daily on the solid food of your word.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, how do you want to teach and train me today as I feed on your word?
