

THE HOLY WORD

Milk or Meat?

I. Hebrews 5:11-14-There is milk teaching and there is meat teaching

A. Dull in their hearing-They want something short, something easy, something that requires nothing of them

1. Dull-Sluggish, lazy, slothful, Indolent-Lack of exertion of body or mind proceeding from a love of ease or aversion to work, indulging ease; Indisposition (unwilling, reluctant) to labor
 - a. 1) They were too lazy to listen, did want to listen, didn't want to sit and focus and hear (*AMP-Disinclined to listen; CEB-You have been lazy and you haven't been listening*)
 - b. 2) Any type of teaching that requires anything of them they have an aversion to and don't like. don't want: Any type of teaching that requires them to exert themselves and work they want no part of
2. Their dullness is affecting the utterance – He has something to say but it's hard to say because of their dullness

B. These people are underdeveloped, they are not where they should be and it's directly connected to the fact that they were dull of hearing and didn't want to hear anything that required anything of them

1. When you get born again the clock starts and God expects you to grow spiritually over time

C. Milk is less difficult truths while meat is more difficult truths that require more of you

1. Milk-Less difficult Christian truths; Basic spiritual teaching; The more difficult something is the more it requires of you
 - a. Milk is good for babies; It's high in calcium which strengthens teeth and bones, provides protein, fat, energy, growth, vitamins and calcium is more easily taken into the body from milk than from vegetable foods because it's easy to swallow, it requires very little of the baby, they don't have to chew
 - b. 1 Peter 2:2-Milk is not bad, but how long should you be on milk? A baby can start having meat as early as 6-8 months old and at 6 months milk ceases to be the only source of nourishment the baby is receiving
2. Meat-More difficult Christians truths, truths that require more of you, that are not elementary, but advanced
 - a. What makes the truths more difficult is not that they're harder to understand, but they require more of you
3. Encouragement is like milk, it's easily swallowed, easily digested and really requires nothing of you: Instruction is a little harder to swallow and digest and correction even more so and that's because it requires more of you

D. Milk eaters are untrained soldiers, unskilled, lack competence and proficiency in the thinking/acting in line with the Word

1. 13-Uses-Eat, drink; Unskillful-Inexperienced, ignorant, w/o experience (trained, practiced, competent, proficient; Have knowledge united with readiness to execute); Word of righteousness-Correctness of thinking, feeling, acting
2. Milk eaters have little to no knowledge and aren't committed to practice and this keeps them unskillful
3. The stuff they want to hear doesn't require them to practice and they don't want to practice they just want to feel better, they just want to be encouraged – I don't just want you to feel better I want you to live better

E. Meat eaters fed on meat and practiced so much that their mind has been renewed, their body has been retrained, their carnal inclinations and desires have been quenched – Mature believers are meat eaters

1. They were acceptant of and hungry for teaching that required more of them and they put it into practice

II. 2 Timothy 4:1-Do you want the meat of the Word?

A. The Holy word, these holy scriptures were given to train you

1. Doctrine-Teaching, precepts, learning; Reproof-Rebuke, show one his fault, correct severely; Correction-Improvement of life and character, straighten up again; Instruction-Training by implication of disciplinary correction, molding character by reproof and correcting with words; Righteousness-Correctness in thinking, feeling, acting
2. *CEV-All of it is useful for teaching and helping people and for correcting them and showing them how to live; ERV-For showing people what is wrong in their lives; MS-Training us to live God's way; CJB-Correcting faults and training in right living*

B. The purpose of the training (teaching and correcting) is equipping the man of God

1. Perfect-Complete, fitted; Thoroughly furnished-Furnish perfectly, to finish
2. *PH-The scriptures are the comprehensive equipment of the man of god and fit him fully for all branches of his work*

C. Preaching the Word includes reprovng, rebuking and exhorting

1. He was charged (given as a duty, to impose as a task) to preach the Word (NOT to feed and clothe people)
2. Reprove-Correct, show one his fault, to correct severely by a word; Rebuke-Reprove, charge straightly and sharply; Exhort-Incite exertion by words, to urge, to warn, to caution, to instruct, to teach; To call for, call upon, encourage, to strengthen, to admonish (Warn or notify of a fault, reprove with mildness, counsel against wrong practices)
3. *CEB-Correct, confront and encourage with patience and instruction; MS-Challenge, warn, and urge your people. Don't every quit*
4. Is this the modern blueprint for growing a church? Is this the type of preaching that majority wants?

D. Many don't care if what they're hearing is the Word, what they care about is how it makes them feel

1. Sound doctrine-Teaching that doesn't deviate from the truth; Lusts-Desire; Itching-Desire to hear something pleasant
2. What happens when you scratch something that itches? It feels good – Many want to hear something that appeases their flesh and makes their flesh feel good
 - a. Just b/c you got emotional doesn't mean it was scriptural; Just b/c it made you feel good doesn't mean it was God
3. Many when they come to church all they want is milk and if you don't give them milk they'll go somewhere else
4. *AM-The time will come when people will not tolerate sound doctrine and accurate instruction [that challenges them with God's truth]; but wanting to have their ears tickled [with something pleasing], they will accumulate for themselves [many] teachers [one after another] to satisfy their own desires and to support the errors they hold; CEB-Who say what they want to hear; MS-There will be times when people will have no stomach for solid teaching, but will fill up on spiritual junk food – catchy opinions that tickle their fancy. They'll turn their backs on truth and chase mirages; RSV-Teachers to suit their own likings; VO-Teachers who approve of their lifestyles and tell them what they want to hear*

III. Not all preaching and teaching is the same

A. There's milk and meat-Hebrews 5:12 (These are both good)

1. Teaching that is basic and doesn't require much of you and more advanced teaching that requires more of you

B. There's teaching that that will scratch your itching ear and be only what you want to hear-2 Timothy 4:3

1. This is kind of preaching can leave you charged emotionally but does nothing for you spiritually
2. It's is preaching to please man and it's seeking the honor of men-Acts 5

C. There is wholesome, sound teaching that nourishes-2Tim1:13-AMP-Hold fast and follow the pattern of wholesome sound teaching

1. There is teaching that isn't good, sound and won't nourish you-1Tim4:6-Nourished up in the words of faith and of good doctrine
2. There's teaching that is well-intentioned, but it's just not very good

D. There's teaching that is anointed, God-inspired and there is some that is not-Rm10:15-How shall they preach except they be sent?

1. You can't preach if you haven't been sent by God with something to say
2. The first step in anointed teaching is you have to hear from God and to hear from God you have to spend time in prayer and study and if you're a preacher and you're not committed to that you're teaching will be w/o anointing

E. There's preaching that man's thoughts/ideas and not the word of God-Mt15:9-They teach as doctrines the commands of men

1. There's teaching that starts with a scripture, but the rest of the message is man's opinion

F. There are doctrines of devils-1Tim4:1-Some shall depart from the faith, giving heed to seducing spirits and doctrines of devils

1. These are Satan inspired teachings that sound real close being right (if you don't know any better)

IV. Because of the holiness of this word when you spend time in it and under the anointed teaching and preaching of the meat of the Word it will train and equip you-Eph4:11-14,2Tim3:16-4:1

A. God identified two things as the source of your training and equipping:

1. The Word-2Tim3:17-*PH-The scriptures are the comprehensive equipment of the man of God and fit him fully for all branches of his work*
 - a. Perfect-Complete, fitted; Thoroughly furnished-Furnish perfectly, to finish
2. The ministry gifts-Eph4:11-12

- a. Perfecting-Complete furnishing, equipping, strengthening, to fit out
- b. How do these ministry gifts equip you and strengthen you? By preaching the Word

B. You need to be equipped for two main purposes:

1. You need training and equipping to overcome your adversary
 - a. You are in war, you have an adversary who wants to steal, kill and destroy; This a fight of faith
 - b. So many Christians are being defeated because they don't take their training seriously
2. You need training and equipping to complete your mission
 - a. You have an assignment that you cannot complete without proper training
 - b. If you care anything about our assignment and being used of God, then you're very serious about your training
 - c. The magnitude of your ministry is determined by the depth of your development; You can't perform beyond your preparation, you can't tackle a task beyond your training

C. There are two elements in effective training and equipping:

1. 1) Meat-It has to challenge you – If it doesn't challenge you, it doesn't train you
2. 2) Practice-You have to practice