

¹³Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. ¹⁴But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Hebrews 5:13-6:3 (NIV)

¹Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death,[a] and of faith in God, ²instruction about cleansing rites,[b] the laying on of hands, the resurrection of the dead, and eternal judgment. ³And God permitting, we will do so.

Hebrews 5:13-6:3 (NIV)







But solid food is for the mature, who because of practice have their senses trained to discern good and evil.

Hebrews 5:14 (NASB)

TRAINING FOR MATURITY

THE CONTRAST OF MATURITY

IMMATURE CHRISTIAN	MATURE CHRISTIAN
Lives life according to what is seen	Lives life according to what is unseen
Prioritizes the voice of man	Prioritizes the voice of God
Satisfied by the pleasures of the world	Satisfied by the pleasures of God
Ignores the nudges of the conscience	Sensitive to the nudges of the conscience

"There are spiritual senses as well as those that are natural. There is a spiritual eye, a spiritual appetite, a spiritual taste; the soul has its sensations as well as the body; these are much depraved and lost by sin, but they are recovered by grace. It is by use and exercise that these senses are improved, made more quick and strong to taste the sweetness of what is good and true, and the bitterness of what is false and evil...

Not only reason and faith, but spiritual sense, will teach men to distinguish between what is pleasing and what is provoking to God, between what is helpful and what is hurtful to our own souls.”

— Matthew Henry

Sense #1: Spiritual Eyes

Now faith is confidence in what we hope for and assurance about what we do not see.

Hebrews 11:1 (NIV)

Sense #1: Spiritual Eyes

Assessment: Do you live by what you see in the world, or by the unseen reality of God's Kingdom?

Sense #1: Spiritual Eyes

Training Tip: Pray daily for God to open the eyes of your heart.

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people.

Ephesians 1:18 (NIV)

Sense #2: Spiritual Ears

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

Isaiah 30:21 (NIV)

Sense #2: Spiritual Ears

Assessment: How clear is the voice of God compared to the voices of this world?

Sense #2: Spiritual Ears

Training Tips:

- Recalibrate Daily: Let God's voice through His Word be the first voice we hear in the day
- Retreat When Needed: Withdraw from the noise to center back on His voice
- Obey Immediately: Build a reputation with God of being a servant who responds quickly when instructions are given

Sense #3: Spiritual Taste

Taste and see that the Lord is good; blessed is the one who takes refuge in him.

Psalms 34:8 (NIV)

Sense #3: Spiritual Taste

Assessment: How big is your spiritual appetite?

Sense #3: Spiritual Taste

The Taste Buds:

- Taste buds send signals of sweet, sour, salty, and bitter through nerve channels through the brain
- Taste cells/receptors (these are in the taste buds) regenerate about every ten days; if you burn your tongue, your normal sense of taste can be regained

Sense #3: Spiritual Taste

Training Tips:

- Beware of over-indulgence in the natural
- Ask the Lord to give you a new appetite
- Be patient, let your spiritual tastebuds develop

Sense #4: Spiritual Touch

But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.”

Matthew 17:7 (NIV)

Sense #4: Spiritual Touch

Training Tips:

- Prioritize the spiritual touch over the physical touch
- Don't sin against your conscience
- Pray that God would make you sensitive to His touch