



Sermon Notes and Study Questions

Seismic Shifts: From Spiritual Infancy to Spirit Adulthood

We have much to say about this, but it is hard to make it clear to you because you no longer try to understand. ¹²In 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! 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.

Therefore 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, and of faith in God, ²instruction about cleansing rites, the laying on of hands, the resurrection of the dead, and eternal judgment. ³And God permitting, we will do so.

Hebrews 5:11- 6:3 (NIV)

¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

Ephesians 4:14-15

Notes:

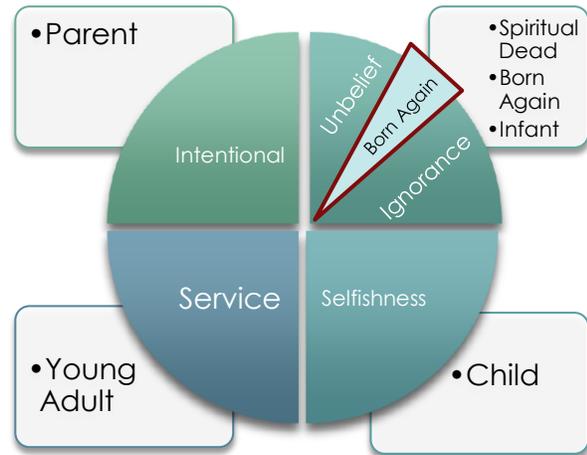
Introduction: God has a Dream

Growing Up Means Letting Go

... of unrealistic expectations.

... of unhealthy dependency.

... of irresponsibility.



Growing Up Means Embracing

... who God says we are.

... the development of holy habits.

... the way of self-giving love.

Conclusion: Your Next Step

Discussion Questions:

1. Share with your Life Group about the place where you are on-the-grow spiritually?
2. Spend time in your small group looking at the four-fold diagram of spiritual development. Spend some time out of your own experience of filling in some of the characteristics that you think mark the different stages.

Spiritually dead are characterized by ...

Spiritual Infants are characterize by ...

Spiritual children are characterized by ...

Spiritual Young Adults are characterized by ...

Spiritual Adults are characterized by ...

Overall, where do you think you fall in the spectrum of infant to adult?

What are ways that you still see elements of immaturity in your faith?

What could this mean for you in considering your next steps of growth?

3. In what ways are physical/emotional maturation and spiritual maturation similar and in what ways do you think they are different?

4. What do you think are the most common ways we tend to willfully chose to stay immature in our spiritual life?

5. What are some holy habits that you have developed? How have they helped you grow closer in your relationship with God?

6. Are there any holy habits that you have found especially challenging to maintain? Why do you think spiritual disciplines can be especially difficult to maintain?

7. Why does it seem easy for holy habits to devolve into unhealthy and immature expressions of legalism?

8. How did God speak to you through the Scripture and message?

9. What do you need to do in response to God's words to you?