

LIFE ESSENTIALS

Spiritual Growth

Additional Study - Milestone 4



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MILESTONE **FOUR**

SCRIPTURE: THE FOOD OF
SPIRITUAL GROWTH

We have all seen pictures and read accounts of children or adults that have been severely undernourished. Their growth has been retarded, bones are deformed, teeth are rotted or have fallen out, and their bodies have no ability to resist disease. This happened because they did not have an adequate diet of healthy food.

What food is to the body, God's Word is to the soul. What would your soul be like if it weren't being fed properly? During this journey we will explore what it means to feed on God's Word.

KEY VERSES

"All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; that the man of God may be adequate, equipped for every good work."

- 2 Timothy 3:16-17

BIBLE REFERENCES

Hebrews 4:12

Hebrews 5:11-14

1 Peter 2:1-3

Psalms 19:7-14

1 Corinthians 3:1-3



1. Read chapter 8 on Life Essentials.
2. Read the Key Verses 2 Timothy 3:16-17.

2 Timothy 3:16-17

"¹⁶ All Scripture is [a]inspired by God and profitable for teaching, for reproof, for correction, for [b]training in righteousness; ¹⁷ so that the man of God may be adequate, equipped for every good work."

In what ways is the Bible useful to Christians?





DAY TWO



1. Begin to memorize the Key Verses 2 Timothy 3:16-17.
2. Read 1 Peter 2:1-3.

1 Peter 2:1-3

“Therefore, putting aside all [a]malice and all deceit and [b]hypocrisy and [c]envy and all [d]slander, ² like newborn babies, long for the [e]pure [f]milk of the word, so that by it you may grow [g]in respect to salvation, ³ if you have tasted [h]the kindness of the Lord.”

Explain what it means to hunger for God's Word.

How have you fed that hunger in your own life?

What things in your life might be hindering your ability to “feast” on God’s Word?



Read Psalm 19:7-14.

Psalm 19:7-14

⁷ The law of the LORD is [a]perfect, restoring the soul;

The testimony of the LORD is sure, making wise the simple.

⁸ The precepts of the LORD are right, rejoicing the heart;

The commandment of the LORD is pure, enlightening the eyes.

⁹ The fear of the LORD is clean, enduring forever;

The judgments of the LORD are true; they are righteous altogether.

¹⁰ They are more desirable than gold, yes, than much fine gold;

Sweeter also than honey and the drippings of the honeycomb.

¹¹ Moreover, by them Your servant is warned;

In keeping them there is great reward.

¹² Who can discern his errors? Acquit me of hidden faults.

¹³ Also keep back Your servant from presumptuous sins;

Let them not rule over me;

Then I will be [b]blameless,

And I shall be acquitted of great transgression.

¹⁴ Let the words of my mouth and the meditation of my heart

Be acceptable in Your sight,

O LORD, my rock and my Redeemer.”



These verses refer to God's Word. Make a list of words that are used to describe His Word. (verses 7-10)

What are the benefits of God's Word?

Read Hebrews 4:12.

Hebrews 4:12

"¹² For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart."

What does this verse say about the impact of the Word of God on your thought life?

How does this affect you personally?





DAY THREE



1. Practice writing the Key Verses 2 Timothy 3:16-17 to commit it to memory.
2. Read Hebrews 5:11-14.

Hebrews 5:11-14

¹¹ Concerning [a]him we have much to say, and it is hard to explain, since you have become dull of hearing. ¹² For though [b]by this time you ought to be teachers, you have need again for someone to teach you the [c]elementary principles of the oracles of God, and you have come to need milk and not solid food. ¹³ For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. ¹⁴ But solid food is for the mature, who because of practice have their senses trained to discern good and evil."

What is the "milk" of the Word?

What is the “solid food” (meat) of the Word?

Are you now feeding on milk or solid food from God’s Word (see Hebrews 6:1-2)? Explain your answer.

Life Essentials says, “There is a strong link between food and relationship both in the natural and spiritual world.” Explain this in your own words.





DAY FOUR



1. Practice writing the Key Verses 2 Timothy 3:16-17 to assist in memorization.
2. Read Hebrews 5:11-14.

Hebrews 5:11-14

¹¹ Concerning [a]him we have much to say, and it is hard to explain, since you have become dull of hearing. ¹² For though [b]by this time you ought to be teachers, you have need again for someone to teach you the [c]elementary principles of the oracles of God, and you have come to need milk and not solid food. ¹³ For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. ¹⁴ But solid food is for the mature, who because of practice have their senses trained to discern good and evil."

The NASB translation says these people were "dull of hearing" (slow to learn). Why do you think some Christians are "dull of hearing" (assuming they are of normal intellect)? (verse 11)

What is the result of being “dull of hearing”?





DAY FIVE



1. Read 1 Corinthians 3:1-3.

1 Corinthians 3:1-3

“And I, brethren, could not speak to you as to spiritual men, but as to men of flesh, as to infants in Christ. ² I gave you milk to drink, not solid food; for you were not yet able to receive it. Indeed, even now you are not yet able, ³ for you are still fleshly. For since there is jealousy and strife among you, are you not fleshly, and are you not walking [a]like mere men?”

What other things in the life of Christians keep them from receiving solid food?

Practice reciting the Key Verses 2 Timothy 3:16-17 to commit them to memory.

Life Essentials tells us substitutes for healthy food (junk food) hinder our growth. What do you consider to be spiritual junk food?

What kinds of spiritual junk food are you consuming?

What effect has spiritual junk food had on your spiritual growth?



DAY
SIX



REFLECTIONS ON THE JOURNEY

1. Recite or write the Key Verses 2 Timothy 3:16-17 from memory.

Are you comfortable telling others why the Bible is trustworthy? What would you tell someone who doesn't believe the Bible is true?

If your spiritual diet is milk, what specific things can you do to progress from milk to solid food?

If your spiritual diet is solid food, what specific things can you do to maintain a healthy diet?

What specific things can you do to stop or reduce your consumption of spiritual junk food?



Are you willing to progress toward maturity? Ask God to empower you.



What concerns did this journey raise for you?

TAKEAWAYS

The benefits of the Scriptures are that:

- It gives us divine truth necessary for life and godliness.
- It rebukes us for wrong behavior or wrong beliefs.
- It corrects us by pointing us back to godly living.
- It provides training in righteousness.
- Failure to obey the truth of Scriptures leads to regression.

