

LESSON 9: FROM MILK TO MEAT

1. Throughout these lessons you have noticed a uniform theme or purpose, namely, to help you understand your commitments and responsibilities as a new Christian. The purpose of this lesson is no different. Specifically it is to help you understand the responsibility to grow and see how that growth can be accomplished.

(Question):

- A. The purpose of this lesson is different from others in the series in that it is to help you understand your responsibilities. **True or False**

2. The importance of growth has been stressed in previous lessons in a general way, but now we want to study some specific passages which indicate the necessity of it. First, notice II Peter 3:18: "But grow in grace, and in knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever." Peter addressed these words to Christians; thus we have the responsibility to grow.

(Question):

- A. What is Peter's main concern in II Peter 3:18?
-

3. In I Peter 2:1 – 3, Peter shows that the newborn babe should desire the sincere milk of the word that he may grow: "Wherefore laying aside all malice, and guile, and hypocrisies, and

envies, and all evil speaking as newborn babes, desire the sincere milk of the word, that ye may grow thereby; If so be (or since) ye have been tested that the Lord is gracious."

(Question):

- A. Why does Peter say that the newborn babe should desire the word?
-

4. The Hebrew writer gives some strong admonition to those who fail to grow (Heb. 5:12 – 14): "For when for the time ye ought to be teachers, you have need that one teach you again which is the first principles of the oracles of God; and are become such as have need of milk, not of strong meat. For every one that useth milk is unskillful in the word of righteousness: for he is a babe. But strong meat belongeth to them that are full age, even those who by reason of use have their senses exercised to discern both good and evil."

(Question):

- A. Why should we go from milk to meat?
-

5. The Hebrew writer depicts a pathetic site in the previous frame. He indicates that sufficient time had transpired that some of them should be teachers, yet they had need that someone teaches them again first principles. They were still on milk; Milk, of course, is used in a figurative

LESSON 9: FROM MILK TO MEAT

sense and refers to the less difficult truths of the Christian religion, i.e., the basics of Christianity.

(Question):

A. What is the significance of milk in the above passage?
_____.

6. These Hebrew Christians should have become knowledgeable enough to teach but they needed to be taught again the first principles.

(Question):

A. Why is the condition of the Hebrews pathetic?
_____.

7. Too often Christians are content with only a rudimentary knowledge of God's word. Christians should, however, grow or become of full age that they might be on meat. Meat here means that one has grown to the point that he is able to receive solid food (difficult teachings).

(Question):

A. What is the meaning of meat as used in Hebrews 5:12 – 14

8. A growing Christian will require solid food. In the growth process he has exercised his senses or in other words, exercised his faculties and abilities to discern good and evil

(Question):

A. A growing Christian will require
_____.

9. Thus, to be prepared for a diet of meat, we must use the knowledge we have to discern good and evil. By so doing, we will exercise and grow. These profound verses which were written by the Hebrew writer suggested the title for this book.

(Question):

A. Must the Christian prepare for a diet of meat? **True or False**

10. It is interesting to note that God's order in the spiritual realm is similar to that in the natural realm. The baby starts on milk. Through exercise and additional milk his body gradually grows stronger until he can finally dispense with the milk and live on solid food. The spiritual realm is exactly the same. In both realms another important thing to remember is this: if there is no progress in God's order, then the retrogression is inevitable.

(Question):

A. Why is exercise so import to the Christian?
_____.

11. In the very next verses (Heb. 6:1 – 2), the writer admonishes, "Therefore leaving the principles of the doctrine of Christ, let us go on

LESSON 9: FROM MILK TO MEAT

unto perfection; not laying again the foundation of repentance from dead works, and of faith toward God, of the doctrine of baptisms, and of laying on of hands, and of resurrection of the dead, and of eternal judgment." Here again the importance of growth is stressed.

(Question):

A. Christians are to go on unto _____

12. Christian growth is encouraged by many things, not the least of which is knowledge of your salvation. When you obeyed Christ you were saved from your past sins.

(Question):

A. Knowledge of _____ encourages Christian growth.

13. The Hebrew writer stressed this point when he said (speaking of Christ), "And being made perfect, he became the author of eternal salvation unto all them that obey him" (Hebrews 5:9). Surely, one cannot realize that Christ has saved him without feeling indebted and encouraged to become like him.

(Question):

A. Christ saves the obedient. **True or False**

14. Another thing which encourages Christian growth is the realization that Christians are a "chosen" generation. Peter stressed this in 1 Peter 2:9 – "But ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvelous light."

(Question): Two things which encourage Christian growth are:

1. _____
2. _____

15. Then a third thing which encourages Christian growth is to understand that we are fellow citizens with the saints. Paul told the Ephesians (Ephesians 2:19): "Now therefore ye are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God."

(Question):

A. To understand that we are fellow citizens with the saints should encourage growth.
True or False

16. In order for you to be saved, to be a part of a chosen generation and to be fellow citizen, it cost the life of the Son of God. In return, realization of these things should encourage you to grow.

LESSON 9: FROM MILK TO MEAT

(Question):

- A. A third thing which should encourage Christian growth is a understanding of our _____ and _____.

17. What should be the purpose of this growth? In a general way, you might answer the question this way: to learn to live in the church.

- A. Is this answer correct enough for you?
Yes or No

18. There are many other reasons for Christian growth that are more specific than the one given in frame 17. For example, growth must occur if we are to become like Christ. Paul said, "Christ is our life" (Col. 3:4). He precedes the above comment with the following: "Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him glory" (Col. 3:2 – 4).

19. Paul gave up all things that he might gain Christ. Read of his life and the things he did in Philipians 3:1 – 14.

(Question):

- A. Another reason for Christian growth as stated in frame 18 is that we might _____.

20. Another important purpose or reason for growing is to be fruitful. In order to produce fruit we must work and exercise. Bearing fruit is the ultimate performance on the part of the Christian. Paul informed the Ephesians, "we are His workmanship, created in the Christ Jesus unto good works, which God hath before ordained that we should walk in them" (Ephesians 2:10).

(Question):

- A. God ordained that Christians should walk in _____.

21. Paul further suggested this point when writing to Titus (Titus 3:8): "This is a faithful saying and these things I will that thou affirm constantly, that they which have believed in God might be careful to maintain good works. These things are good and profitable unto men."

(Question):

- A. Work is necessary if a Christian is to be _____.

22. Again, Christian growth will prevent one losing his love for Christ. When you are growing, your love is growing.

(Question):

LESSON 9: FROM MILK TO MEAT

A. Christian growth will keep one from losing his love for Christ. **True or False**

23. Thus far in this lesson we have noted three important things:

1. The Christian is to grow.
2. Christian growth is encouraged by knowledge of salvation, realization of being part of a "chosen generation," and being "fellow citizens" with the saints.
3. The purpose of or reason for Christian growth.

24. With this introduction, let us note how you can go from milk to meat, that is, from things of lesser difficulty to the difficult things of the Christian religion. In other word, let us notice some of the things a new Christian must add to his life to be fruitful. First, read II Peter 1:1 – 12.

(Question):

A. There is very little the new Christian can do to promote growth. **True or False**

25. Notice in verse 5 Peter says, "And beside this, giving all diligence..." The Revised Standard Version of the Bible states it this way: "Yea and for this very cause adding on your part all diligence..." This phrase is highly significant when properly analyzed and understood. The words "adding on your part" mean that we should "bring in by the side."

(Question):

A. What does the phrase "adding on your part" mean?

26. Verses 2 – 4 of this chapter tell us that God has done His part for us, now we have the obligation to bring in by the side of that which God contributed the things mentioned in verse 5.

(Question):

A. According to verses 2 – 4, what has God provided?

27. The last portion of the phrase referred to above concerns diligence. Peter says that we should exercise (give all) diligence to see that we add these Christian graces to our lives. Diligence means preserving application or the attention and care legally expected or required of a person.

(Question):

A. To add these Christian graces one must exercise

28. These steps are known as the "Seven Christian Graces". All Christians must strive to add these graces in order to be successful in their walk.

LESSON 9: FROM MILK TO MEAT

(Question):

A. How many graces should we add to our faith? _____

29. These graces make up the "Seven Graces" starting with the foundation of faith and culminating in love. Adding these graces to our faith is necessary in order to be pleasing with God.

(Question):

A. How many graces are built upon faith in II Peter 1:5 – 11?

30. Let us note each of these graces in order listed by Peter beginning with faith. Previously, we noted the importance of faith: "Without faith it is impossible to please God..." (Hebrews 11:6). Thus it is the foundation of our Christian lives in many respects. Furthermore, our faith must be living and result in action.

(Question):

A. What is the foundation of Christian lives?

31. This faith is to supply virtue. Virtue means Christian manliness and active courage in fighting the good fight of faith. Faith, then, sustains or supplies the courage to fight the good fight of faith.

(Question):

Define virtue.

32. As we study these graces, keep in mind that the ultimate goal in the Christian life is to add these graces to the fullest possible extent.

(Question):

A. What is the foundation and first step of the "Seven Graces"? _____

33. "Add to your virtue knowledge". Virtue, as you noted in frame 31, is the courage to do what you know to be right. This virtue or courage would be of little value without knowledge to guide it, but how is knowledge obtained? Knowledge comes from God's Word when proper diligence is used to study it. It does not come through prayer alone as some might suggest.

(Question):

A. What is the second step of the "Seven Graces"? _____

34. Knowledge is an outgrowth of the practice of virtue. It is something that is vital to the welfare of the Christian. Jesus said, "Take my yoke upon you and learn of me..." (Matt. 11:29).

LESSON 9: FROM MILK TO MEAT

Furthermore, Peter indicates that there are some things hard to be understood, which they that are unlearned and unstable wrest, as they do also the other Scriptures, unto their own destruction" (II Peter 3:16).

(Question):

- A. Knowledge of God's Word is necessary for the Christian. **True or False**

35. "And in your knowledge self-control (or temperance)". The third grace that you must add is self-control. "It denotes self-government, discipline, the ability of one to control his life. It is acquired through the exercise of discernment, the knowledge by which one differentiates between right and wrong, and thus develops from it".

(Question):

- A. What is self-control?
-
-

36. Your exercise of self-control must extend even to the knowledge which guides your courage. It must bring all of our appetites, desires and passions into harmony with God's will. In other words, we must exercise self-control to conform our lives to the image of Christ. To do this, you must possess knowledge of God's will; hence, the close tie between these two graces.

- A. What are some things that we must exercise control over?
-

37. "In your self-control patience". The fourth grace is patience. The idea seems to be the ability of the Christian to "stick to the job," to be steadfast, or to endure. The word suggests more that a mere resignation to the difficulties of life. It includes the idea of positive resistance of evils and a steadfast desire to bear up under them.

(Question):

- A. Patience is the ability to stick to the job or to endure. **True or False**

38. Self-control and discipline must precede patience. You can't patiently endure without first practicing self-control. You will have many trials, temptations and difficulties as a Christian who will require patience and endurance. Christians receive great hope and consolation though from a realization that "all things work together for good to them that love God." (Romans 8:28).

(Question):

- A. The Christian life is one of ease and is free from many temptations of the world. **True or False**

39. The admonition to us is this, don't give up! Paul said he could do "all things through Christ

LESSON 9: FROM MILK TO MEAT

which strengthens me." (Phil. 4:13). And so can you!

(Question):

A. You can do all things through Christ.

True or False

40. "And in your patience godliness". The sixth Christian grace that you must add to be faithful and pleasing to God is godliness. Godliness simply means God-likeness. To be God-like, you must follow the teaching and example of our Lord who was God manifest in the flesh.

(Question):

Godliness means niceness? **True or False**

41. Patience is approved only when it results in submission to the burdens of life for the sake of pleasing God. Your desire to please God must be the highest goal in your life. This desire to be Godlike should be the motive from which our actions originate. Thus, as these graces are added to your life, you go up to a higher spiritual plane.

(Question):

A. The Christian graces noted thus far are closely linked together. **True or False**

42. "And in your godliness brotherly kindness". The phrase "brotherly kindness" which is the sixth grace means love of the brethren. When you

realize that you are a member of the family of God bearing the same relationship as others in the family, i.e., brothers, then you will want to show kindness and love to them. The brotherly kindness or love can result only after your life is Godlike.

(Question):

A. _____ is the sixth Christian grace.

43. "And in your brotherly kindness love." The crowning grace is love. Paul stressed the importance of love to the Corinthians (1 Corinthians 13) when he said that our work, regardless of how good or great it is, will profit us nothing unless we have love.

(Question):

A. What is the crowning grace that the Christian is to add to his life?

44. Again, you see the inter-relationship of the graces in the brotherly kindness love link. A warmhearted affection or love for the brethren is to lead to the greater love – love for all men. Paul admonished the Colossians. "And above all these things put charity (love), which is the bond of perfectness" (Colossians 3:14). This conveys the idea of completeness.

(Question):

LESSON 9: FROM MILK TO MEAT

A. Love is described as the bond of _____

45. In meditation or reflection of the Christian graces, it is important to remember that each of these graces grows out of and is produced by the one which precedes it. Each makes possible or creates the next. Note the order: faith, virtue (courage), knowledge, self-control, patience, godliness, brotherly kindness, and love.

(Question):

A. There is no definite order or pattern to the Christian graces. **True or False**

46. The most fitting conclusion to this lesson logically includes a brief summary and analysis of the graces. First, the grace from which all others spring is faith. It is the foundation of all the graces.

(Question):

A. Faith is the _____ of grace.

47. Second, notice the grace necessary to form Christian character:

1. Virtue
2. Knowledge
3. Self-control
4. Patience

(Question):

A. The above graces are necessary to form Christian _____.

48. Thirdly, notice that which reveals the follower of Christ to be a servant of God (godliness), a member of the family of God (brotherly kindness), and well disposed toward all men (love). Thus, no grace can stand alone,

(Question):

A. The Christian graces are independent of each other. **True or False**

49. When these graces have been added to your life, you will truly have gone from milk to meat. You will feast on the weightier matters of the law. If they remain with you, there is no doubt about your relation to God or your ultimate destiny.

(Question):

A. You will truly have gone from milk to meat when _____

50. Peter stated it his way: "Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, you shall never fall: For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ" (2 Peter 1:10, 11).

LESSON 9: FROM MILK TO MEAT

(Question):

A. Christians can make their calling and election sure. **True or False**