

The Book of Hebrews: Moving from Milk

(Hebrews 5:11-6:9; 10:26-31)

Quench Life Christian Fellowship

Sunday May 31, 2026

Pastor Robert L. Scott, Jr.

A. What is _____ ?

1. Spiritual milk is food intended for _____.

*1 Corinthians 3:1-2 Brothers and sisters, I could not address you as people who live by the Spirit but as **people who are still worldly—mere infants in Christ**. 2 I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. NIV*

*1 Corinthians 1:20-21 Where is the wise person? Where is the teacher of the law? Where is the philosopher of this age? **Has not God made foolish the wisdom of the world?** 21 For since in the wisdom of God **the world through its wisdom did not know him**, God was pleased **through the foolishness of what was preached to save those who believe**. NIV*

2. Spiritual milk is food intended for _____, _____, and _____ believers.

*1 Peter 2:1-3 Therefore, **rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind**. 2 Like newborn babies, **crave pure spiritual milk, so that by it you may grow up in your salvation**, 3 now that you have tasted that the Lord is good. NIV*

*1 Corinthians 3:3-4 You are still worldly. **For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere humans?** 4 **For when one says, "I follow Paul," and another, "I follow Apollos," are you not mere human beings?** NIV*

3. Spiritual milk is food intended for believers who _____ to be _____.

*1 Corinthians 2:1-5 And so it was with me, brothers and sisters. When I came to you, **I did not come with eloquence or human wisdom** as I proclaimed to you the testimony about God. 2 For I resolved to know nothing while I was with you except Jesus Christ and him crucified. 3 I came to you in weakness with great fear and trembling. 4 **My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power**, 5 **so that your faith might not rest on human wisdom, but on God's power**. NIV*

B. How can a believer _____ ?

1. Believers must _____ to get _____ of _____.

*Hebrews 5:11-12 We have much to say about this, but it is hard to make it clear to you because **you no longer try to understand**. 12 In 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! NIV*

*Matthew 13:18-19, 23 "Listen then to what the parable of the sower means: 19 When anyone hears the message about the kingdom and **does not understand it, the evil one comes and snatches away what was sown in their heart**. This is the seed sown along the path. 23 **But***

the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown." NIV

2. Believers must _____ what they _____ about God's Word.

Hebrews 5:13-14 **Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness.** ¹⁴ But solid food is for the mature, **who by constant use have trained themselves to distinguish good from evil.** NIV

3. Believers must truly _____ about Christ.

Hebrews 6:1-2 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,** ² **instruction about cleansing rites, the laying on of hands, the resurrection of the dead, and eternal judgment.** NIV

4. Believers must understand that Christ _____ for them.

Hebrews 10:26-31 **If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left,** ²⁷ but only a fearful expectation of judgment and of raging fire that will consume the enemies of God. ²⁸ Anyone who rejected the law of Moses died without mercy on the testimony of two or three witnesses. ²⁹ How much more severely do you think someone deserves to be punished **who has trampled the Son of God underfoot, who has treated as an unholy thing the blood of the covenant that sanctified them, and who has insulted the Spirit of grace?** ³⁰ For we know him who said, "It is mine to avenge; I will repay," and again, "The Lord will judge his people." ³¹ **It is a dreadful thing to fall into the hands of the living God.** NIV

Hebrews 6:4-9 **It is impossible for those who have once been enlightened, who have tasted the heavenly gift, who have shared in the Holy Spirit,** ⁵ **who have tasted the goodness of the word of God and the powers of the coming age** ⁶ **and who have fallen away, to be brought back to repentance. To their loss they are crucifying the Son of God all over again and subjecting him to public disgrace.** ⁷ Land that drinks in the rain often falling on it and that produces a crop useful to those for whom it is farmed receives the blessing of God. ⁸ **But land that produces thorns and thistles is worthless and is in danger of being cursed. In the end it will be burned.** ⁹ Even though we speak like this, dear friends, we are convinced of better things in your case—the things that have to do with salvation. NIV

5. Believers must be _____ by the _____, _____ the _____.

Galatians 5:16-18 So I say, **walk by the Spirit, and you will not gratify the desires of the flesh.** ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. **They are in conflict with each other, so that you are not to do whatever you want.** ¹⁸ But if you are led by the Spirit, you are not under the law. NIV

1 Corinthians 2:12-13 What we have received is not the spirit of the world, **but the Spirit who is from God, so that we may understand what God has freely given us.** ¹³ This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, **explaining spiritual realities with Spirit-taught words.** NIV