Sermon: Spiritual Nutrition 101 By: Marcus Frey

Problem: the audience of Hebrews had gotten	·
These Christians needed	,
they couldn't handle	!!
Spiritual milk is the very	
It takes	to become more
mature; growth doesn't happen without hard work.	
In order to grow up and become more mature, you need to _	
It's ok to start out as a baby Christian, but we	•
We have toev	
Remember, God is the	_ who can grow us.
So even though I have to do some hard work to grow, I know	v that
	is growing!
If you want to be a mature Christian, you gotta	
	is the solid food.
What does my	
Am I a spiritual baby, spiritual mature, or am I even	??
 Practical Application: Some spiritual milk that I should be drinking: Reading my bible and praying every day. Being generous with my money and giving to the chu ! 	rch.
Some spiritual solid food that I should work up to:	
 Serving 	

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Here is one way that I am going to commit to moving beyond milk and into greater maturity: