

A. TRUTH

- Truth that is able to cause change and growth is found in God's living and active Word: Jn 17:17--Sanctify them by the truth: Your Word is truth.
- Unless we are feeding on and digesting the truths of God's Word, our growth will be stunted and our lives will remain largely unchanged.
- Our text for today tells us that we need to be trained to take in our spiritual nourishment and grow: Heb 5:11 – 14 NLT--You are spiritually dull and don't seem to listen. ¹² You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. ¹³ For someone who lives on milk is still an infant and doesn't know how to do what is right. ¹⁴ Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong.
- According to this passage, our spiritual development requires:
 - Actively listening (expecting HS to speak the living Word into our lives) (v. 11)
 - Becoming trained in the truths we have heard and read in God's Word (v. 14)
- Milk is provided whenever we are in need of growth. This type word will benefit us if we are in need of calming, comforting, or of being built up/encouraged.
- Meat is more difficult to hear and digest. It confronts, exposes, or prods in order to affect growth and change in the life of the believer able to receive it.
- Promises contained in Scripture are meant to give us the ability to believe God for more. Through them we know Him better and are sustained with hope for the future.
- It's necessary for every believer to digest and assimilate the amazing truths contained in the Gospel. That means that we truly believe on a personal level that:
 - God has forgiven our sins
 - His wrath has been satisfied by the sacrifice of Jesus
 - Christ's righteousness is now our own
 - Our lives have been brought into right relationship with God
 - We have been adopted as God's own child
 - Our salvation is a gift of God's grace
 - We have been given the Holy Spirit to dwell within
 - Eternal life is ours beginning now and lasting forever
- The message of the Gospel is huge and can seem too-good-to-be-true. We must integrate these big, key truths to form a deep, trusting relationship with Christ.
- LISTENING EXERCISE:
Holy Spirit, as we review the basics of the Gospel (listed above), please reveal to what depth these truths have penetrated our lives? (Lip service, head knowledge, heart knowledge, producing safety and trust with God, or something else)

Which of these truths stands out as being difficult to truly believe and fully embrace?

- Insights:

B. TRAINING

- Training is needed to teach us how to feed on the truth in such a way that it touches our hearts and enables us to trust the amazing, loving nature of our God.
- We cannot settle for mental assent only. These truths need to move from our heads to our hearts for change and growth to occur in us and in our relationship with God: Rom 14:5--Let each be fully convinced in his own mind.
- First we identify any part of the Gospel that is merely rote to us (that we "know" but that our feelings tell us otherwise when we are completely honest).
- When we are able to own our true thoughts and feelings and see them as out of sync with God's truth, we are ready for training.
- Training involves renewing your mind with truth. It also includes letting God minister to the place that hasn't yet caught up with His Word: Ps 25:5--Lead me in Your truth and teach me, for You *are* the God of my salvation; on You I wait all the day.
- Remember that your emotions are slower to catch up. You can make the choice to agree with God by faith. Trust (emotional safety) takes longer to develop.
- Practice this helpful method for training your senses as it pertains to those truths that are the very basis for your relationship with the Lord:

<u>I FEEL</u>	<u>BUT GOD SAYS</u>
Guilty, condemned, not worthy	My sins are forgiven (2 Cor 5:19)
I'm in trouble; God is mad at me	Jesus took God's wrath in my place (Rom 5:8-9)
I need to clean up, get it together	Christ's righteousness is mine now (2 Cor 5:21)
Distant from God	Jesus made it right between me and God (Rom 5:10-11)
Alone, like an outsider or orphan	I've been adopted – I'm a child of God (Eph 1:4-5)
Like I need to do something for God	I'm accepted by His grace vs. my works (Eph 2:8-9)
I'll never change or measure up	I have resurrection power (HS) living in me (Rom 8:11)
Heaven doesn't seem real to me	I live in God's presence now and forever (2 Cor 5:6ff)

- The handout “*Tools & Techniques: I Feel But God Says*” can help take these Gospel truths deeper or any other Scripture hasn’t been completely internalized.
- Seek until you find the verse(s) that causes belief to spring up within you. Meditate on that so that it forms a new set of thoughts and feelings regarding your issue.
- LISTENING EXERCISE:
Look back at the left side of the chart on page 2. Are any of the feelings listed there something that you deal with regularly? If so, which ones?

Lord, I want to be free of these feelings that undermine my ability to believe Your Living and Active Word. Please show me any root cause for my feelings:

I invite You to fully convince me of Your truth in this place of inconsistency. Help me listen to You and stay with the process until I see it as You see it.

- Training our thoughts on a particular truth isn’t complete UNTIL we see it differently, UNTIL it grips us with its enlivening and animating power: Eph 4:13-14 ERV--This work must continue until we are all joined together in what we believe and in what we know about the Son of God. Our goal is to become like a full-grown man—to look just like Christ and have all his perfection. Then we will no longer be like babies. We will not be people who are always changing like a ship that the waves carry one way and then another.
- Insights:

C. PERSONAL APPLICATION**• ONE THING**

The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

• PONDER THE TRUTH

Which verse or principle stood out to you this week? Write it below taking some time to review it often. Be still in God's presence, alert for new insights. Record them here.

• PROCESSING THE TRUTH

Prayerfully consider the Listening Exercises from this lesson. Ask the Spirit to guide you into a deeper understanding of the truth and to reveal any specific faith steps He is calling you to take. Write down your insights.