

GROWTH GROUP

Study Guide

Hebrews 5:12-14 – Healthy Diet

My Story

1. What's your preference – savory or sweet, spicy or mild? Have you always liked it that way, or did your tastes change?

Digging Deeper

2. The author of Hebrews accuses his readers of forgetting the elementary truths of God's Word. What would you consider to be the fundamentals of the Christian faith?
3. Read Matt. 18:1-5. Jesus encourages us to have a childlike faith. But, the author of Hebrews indicates we are not to remain as children. What is the difference between childlikeness and childishness?

4. Reading God's Word, or listening to it taught, without considering how it applies to our lives makes us lazy listeners. What are some things we can do to avoid lazy listening?

Reflection

5. How does this passage address the excuses we usually give for our failure to grow in Biblical literacy and spiritual maturity?
6. How would you describe your spiritual diet at the moment?

SERMON NOTES

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Taking the Next Step

Take time this week to come up with three strategies for how you can be more focused as you spend time in God's Word. Pray that God will help you to implement those strategies and see growth in your life as a result.

Praises / Prayer Requests

