

Seek Solid Food

Scripture

“For though by this time you ought to be teachers, you need [someone] to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. For everyone who partakes [only] of milk [is] unskilled in the word of righteousness, for he is a babe. But solid food belongs to those who are of full age, [that is], those who by reason of use have their senses exercised to discern both good and evil.” (Hebrews 5:12-14 NKJV)

Commentary

There is a direct correlation between reflective meditation, prayer, and holiness. Reflective meditation for the purpose of this commentary refers to reading God’s Word and then seeing the connections to one’s life.

Notice the end of the passage above. “Solid food belongs to those who are of full age, those who by reason of use have their senses exercised to discern both good and evil.” Spiritual maturity comes from moving beyond a terse reading of Scripture into a meditative, prayerful reflection upon the deep things of God.

How does one accomplish this? First, don’t mistake this as a plea for intellectualism. The issue is not as much about how much one knows as it is about how much one understands. There are men who have a tremendous volume of information in their head, but they stumble over the fundamental elements of faith. That is not to say that volume is not important. We need to study more and more, but internalizing the Word is what gives discernment. It is by reason of use their senses were exercised.

A small child learns to walk by first pulling up. Then he takes a few steps and falls. The more he uses his legs and feet the better he walks until one day he is running. So it is with one’s spiritual walk.

If a small child did not continue to pull up and eventually walk, his parents would seek medical advice. However, some Christians are still pulling up when they should be running, and they are apparently unconcerned. This is the problem the author of Hebrews is addressing rather strongly. Why aren’t you walking by now? Why are you still on milk?

Dear friend, God wants you to grow in grace. Don’t try to rest on your laurels.