



## Moving from Milk to Meat

### 1 Corinthians 3:1-2

Brothers, I could not address you as spiritual but as 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.

## The Milk of the Word

*“I gave you milk and not solid food because you were not ready, and you’re still not ready.”*  
1 Corinthians 3:1-2

1. Crisis of Spiritual Immaturity
2. Critical Necessity of Milk
3. Common Basics of Christ

## 1. Crisis of Immaturity

*“I could not address you as spiritual but as worldly--mere infants in Christ...”* – 1 Corinthians 3:1-2

1. Crying all the time
2. Unhealthy dependence
3. Self absorption
4. Little interest in God’s Word
5. Legalistic rules
6. Worldly loves
7. Irregular assembling together
8. Little or no desire to pray

### Hebrews 5:12-14

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! 13. 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.

## 2. The Necessity of Milk

*“Like newborn babies, crave pure spiritual milk, so that by it you may grow up...”* - 1 Peter 2:2

- Milk is good – it tastes good
- Milk is healthy – lots of vitamins
- Milk is first food – fat for the brain
- Milk builds muscles – calcium
- Milk is basics of life & health
- Too much milk makes you fat

*Babies need mother’s milk for the first year of life, even two years.*

### Hebrews 6:1-3

Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God, instruction about baptisms, the laying on of hands, the resurrection of the dead, and eternal judgment.

And God permitting, we will do so.

### 3. The Basics in Christ

*“Therefore let us leave the elementary teachings about Christ and go on to maturity...” Heb 6:1*

1. True Repentance
2. Real Saving Faith
3. The New Birth
4. The Lordship of Christ
5. Being God’s Child

### The Basics in Christ

*“Therefore let us leave the elementary teachings about Christ and go on to maturity...” Heb 6:1*

6. How to Read the Bible
7. How to Pray Effectively
8. How to Overcome Sin
9. How to Overcome Satan
10. How to Be Filled with the Spirit

### The Basics in Christ

*“Therefore let us leave the elementary teachings about Christ and go on to maturity...” Heb 6:1*

11. Water Baptism
12. The Lord’s Supper
13. How to Worship God
14. Being the Family of God
15. How to Serve God

### Learning to Lean

Learning to lean

Learning to Lean

I’m learning to lean on Jesus

Finding more power

than I ever dreamed

I’m learning to lean on Jesus