

# SERMON NOTES

## Growing Up - Part 1 - Solid Food

**Matthew 4:4 (NKJV)** - But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.' "

### 1. How you relate to FOOD?

It is a sign of maturity in your physical AND in your Spiritual life

**Hebrews 5:12-14 (NKJV)** - 12 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.

13 For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe.

14 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.

God wants you to mature. Stagnation is not healthy and could be deadly. In normal life we have milestones for the growth of a child.

One of these is FOOD

SOLID FOOD = Food that you have...

- Planned
- Found
- Prepared
- Chewed
- Digested and assimilated
- Prepared for others

**MILK** = food digested by someone else then presented in a tasty and easily digestible form for the baby.

Teachers and overseers are still helpful, but it's your own decision and activity that matters.

### Principles for Bible interpretation:

- Preparation - approach with correct attitude, and questions.
- Understand it is God's word, and it is different to other literature.
- It is all true, but is not all "the truth". It is all part of God's word, but not all "God's words"

It was all written for you, but not all written "to you".

● Understand who it was written to... the context - You're an eavesdropper that God intended to listen to someone else's conversation.

- Discern eternal truths about
  - God
  - People
  - Spiritual Things
  - How to be right with God
  - Relationships
- Decide what you need to DO as a result, and DO IT - there is ALWAYS an action of obedience required in response to God's word.

### CONCLUSIONS:

God is a good father who wants you to grow up.

Are you studying for yourself?

Are you teaching others or only being taught?

Make a decision and commitment.

**2 Timothy 2:15 (NKJV)** - 15 Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

## **2. An example from Genesis - Noah:**

**Genesis 6:13 (NKJV)** - And God said to Noah, "The end of all flesh has come before Me, for the earth is filled with violence through them; and behold, I will destroy them with the earth.

**Genesis 8:20-22 (NKJV)** - 20 Then Noah built an altar to the LORD, and took of every clean animal and of every clean bird, and offered burnt offerings on the altar.

21 And the LORD smelled a soothing aroma. Then the LORD said in His heart, "I will never again curse the ground for man's sake, although the imagination of man's heart is evil from his youth; nor will I again destroy every living thing as I have done.

22 "While the earth remains, Seedtime and harvest, Cold and heat, Winter and summer, And day and night Shall not cease."

## **3. The ark**

**Isaiah 54:9 (NKJV)** - "For this is like the waters of Noah to Me; For as I have sworn That the waters of Noah would no longer cover the earth, So have I sworn That I would not be angry with you, nor rebuke you.

**Luke 17:26-27 (NKJV)** - 26 "And as it was in the days of Noah, so it will be also in the days of the Son of Man:

27 "They ate, they drank, they married wives, they were given in marriage, until the day that Noah entered the ark, and the flood came and destroyed them all.

**1 Peter 3:21 (NKJV)** - There is also an antitype which now saves us--baptism (not the removal of the filth of the flesh, but the answer of a good conscience toward God), through the resurrection of Jesus Christ,

## **4. Sacrifices, food**

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**Matthew 9:13 (NKJV)** - "But go and learn what this means: 'I desire mercy and not sacrifice.' For I did not come to call the righteous, but sinners, to repentance."

**Romans 12:1 (NKJV)** - 1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

**1 Corinthians 5:7 (NKJV)** - 7 Therefore purge out the old leaven, that you may be a new lump, since you truly are unleavened. For indeed Christ, our Passover, was sacrificed for us.

**Ephesians 5:2 (NKJV)** - 2 And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.

**Hebrews 10:4-6, 10-14 (NKJV)** - 4 For it is not possible that the blood of bulls and goats could take away sins.

5 Therefore, when He came into the world, He said: "Sacrifice and offering You did not desire, But a body You have prepared for Me.

6 In burnt offerings and sacrifices for sin You had no pleasure. ...

10 By that will we have been sanctified through the offering of the body of Jesus Christ once for all.

11 And every priest stands ministering daily and offering repeatedly the same sacrifices, which can never take away sins.

12 But this Man, after He had offered one sacrifice for sins forever, sat down at the right hand of God,

13 from that time waiting till His enemies are made His footstool.

14 For by one offering He has perfected forever those who are being sanctified.

# SMALL GROUP DISCUSSION GUIDES

Remember that the aim of the small group is to foster discussion and community, rather than for the leader or one individual to preach to everyone.

**1** - Often an **Icebreaker question** is a great way to start discussion. You could ask a question like:

- What were the highs or lows of your week?
- What is your earliest memory?
- If you had to describe yourself as one animal, what would it be and why?
- What is your favourite type of holiday destination?

**2** - Next, **read the passage**. You can ask various people in the group to help by each reading a portion of the passage.

**3** - These are the **main questions** to ask to understand the passage:

- What is the main message of this talk / passage?  
Allow discussion and even diverging from the main topic if it is helpful.
- What did you find particularly helpful or challenging?
- What did you not fully understand?
- What can we do **PRACTICALLY** in response to this teaching?

**4** - Close by offering **prayer** for each person.

- Ask, "how can we pray for you / each other now?"
- Ask each person to pray or you, as leader, pray for each person's need

**The blessing** and opportunity in Small Groups is the possibility for...

- Each person to contribute and/or ask questions,
- People to pray for each other and to ask for prayer,
- People to learn to use and grow in their gifts,
- Community, friendship and intimacy in relationships.

God Bless you in this very important ministry.