



SERMON NOTES

KEEP MOVING FORWARD

Are You Listening?

The Challenge

"We have much to say about this, but it is hard to make it clear to you because you no longer try to understand. 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! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil." (Hebrews 5:11-14)

Growing up involves:

- Investing in others
- Engaging God's word

The Warning

(see also 2:1-4; 3:6-4:13; 10:19-39; 12:14-29)

"It is impossible for those who have once been enlightened, who have tasted the heavenly gift, who have shared in the Holy Spirit, who have tasted the goodness of the word of God and the powers of the coming age and who have fallen away, to be brought back to repentance. To their loss they are crucifying the Son of God all over again and subjecting him to public disgrace. Land that drinks in the rain often falling on it and that produces a crop useful to those for whom it is farmed receives the blessing of God. But land that produces thorns and thistles is worthless and is in danger of being cursed. In the end it will be burned." (Hebrews 6:4-8)

"Even though we speak like this, dear friends, we are convinced of better things in your case—the things that have to do with salvation." (Hebrews 6:9)

The Encouragement

"Even though we speak like this, dear friends, we are convinced of better things in your case—the things that have to do with salvation. God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them. We want each of you to show this same diligence to the very end, so that what you hope for may be fully realized. We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised." (Hebrews 6:9-12)

DEVOTIONAL GUIDE

Sermon Overview

Weariness. Sluggishness. Apathy. We have all experienced these feelings at some point—they drain our excitement and energy for living well. So, what do you do when you find yourself in a season of exhaustion and fatigue?

The book of Hebrews is written to a group of Christians who had found themselves in that type of season. In the midst of opposition and life's complications, they were in danger of losing interest in following Christ. So, this book reminds them of the resources they have in Christ and the nature of the journey they are on. All along the way, the author's challenge to them and to us is simply this—keep moving forward!

Praying Scripture

The prayer focus this week is Hebrews 6:12.

"We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised."

Below is an example of how to pray the passage:

Father, forgive me for the times I haven't been diligent in pursuing my relationship with you. It's so easy to take my relationship with you for granted and to be lethargic about following you. Help me persevere in my faith and look to those more mature than me as examples to follow so that I can, through faith and patience, receive what you have promised. I pray this in the name of Jesus, Amen.

DEVOTIONAL GUIDE

FEBRUARY 11

Have you ever done this in a conversation—you stop mid-sentence and ask: "are you listening?" We do that because what we are saying is important, and we are concerned that our message isn't being heard. In a similar way, the author of Hebrews stops in the middle of this book and asks a similar question. He slows down to make sure we are listening. In doing so, he gives us a challenge, a warning, and lots of encouragement to keep moving forward. So, this Sunday, in the midst of all that's going on around us, let's slow down and listen to what Hebrews has to say to us.



DAY ONE

Breathe, listen, pray and ask the Spirit to guide your time.

Read: Hebrews 5:11-6:12.

1. What warnings and encouragement does the author give the Hebrew Christians in:
 - 5:11-6:3
 - 6:4-8
 - 6:9-12
2. What spiritual deficiencies of the Hebrew believers are listed in 5:11-14?
3. According to 5:11-14 what are the marks of spiritual maturity?

Reflect: Hebrews 5:11 states that spiritually mature believers have trained themselves to distinguish between good and evil. Another word for distinguish is discernment. How have you trained yourself to be discerning? In what area(s) would you like to see your discernment grow?

DAY TWO

Breathe, listen, pray and ask the Spirit to guide your time.

Read Hebrews 5:11-6:12.

1. What seems to be the problem in 6:1-3?
2. What do you think the author meant by “moving beyond the elementary doctrines of the faith?” Do you think that meant those things should be ignored? Why or why not?
3. What do you think is the central and essential point of 6:4-8?

Reflect: Hebrews 6:4-8 are a source of controversy. Reflect on the following statements and check the one that you think provides the best interpretation of the verses. Discuss your thoughts in your group.

- The passage teaches that it’s possible to lose your salvation
- The passage gives a hypothetical situation to illustrate the folly of turning from the gospel.
- The passage describes those who come in contact with the gospel, hear its call to repentance, but ultimately turn from it unrepentant. (Wilkin 71)



DAY THREE

Breathe, listen, pray and ask the Spirit to guide your time.

Read Hebrews 5:11-6:12.

1. What encouragement does the author give in 6:9? What does the word “better” imply?
2. What attribute of God is stated in 6:10? How does this verse acknowledge the good they have done?
3. What is the author’s desire for the Hebrew believers? (6:10)
4. How is moving forward described in 6:10-11?

Reflect: Hebrews 6:12 talks about the importance of imitation. Who are the people in your family, or sphere of influence that could potentially imitate your faith? What about your faith would you want them to imitate because it would show how you are trying to follow Christ?

Respond and Apply: Whose faith journey have you imitated? What have you learned from others who are ahead of you on your journey toward spiritual maturity? Reach out and thank those individuals who have helped you mature and grow in your faith.

Listen to the song [Passion](#), remembering what Jesus has done for us and thinking about how your life can imitate him.

SMALL GROUP QUESTIONS

1. Read Hebrews 5:12-14. How would you define spiritual infancy? How would you define spiritual maturity?
2. Why are Christians content to continue on a diet of milk? What is wrong with that perspective?
3. Why do we need solid food to distinguish between good and evil?
4. The Christian life can be looked at in three stages; we begin as children dependent on God (and the church) to feed us, we grow into independence where we are capable of feeding ourselves, and then we mature into interdependence where we understand that we have a responsibility to others, not just ourselves. Where would you place yourself on this continuum? Where would you place Hershey Free Church?
5. Read Hebrews 6:9-12. How do these verses help us understand what interdependence looks like in the body of Christ?
6. What does it look like to live your Christian life with faith and patience?