

apttoteach.org

THE BEREANS

ACTS 17:11

Hebrews 6:13-20
Lesson #16
A Spiritual Diet
04/28/2024

1

The majesty of Christ

HEBREWS

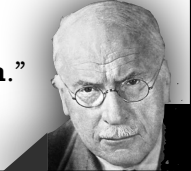
6:13-20
A spiritual diet
(How to become a spiritual carnivore?)

2

Life context of Hebrews 6:13-20
How to set a spiritual table of meat, not milk.
1. Hunger - Wet the appetite.

“deep down below the surface of the average conscience a still, small voice says to us **‘Something is out of tune’**.”

“There is no coming to consciousness **without pain.**”




Carl Jung

3

Life context of Hebrews 6:13-20
Are you better off (in this life) after coming to Christ than before?
 (prayers answered, promises kept, expectations met, circumstances changed)

The Devil's "WAR CHEST"


- Suffering**
(Life is a mess for all.)
- Shame**
(You are a failure.)
- Sedation**
(I have lots of pain killers.)



4

“The universe we observe has precisely the properties we should expect if there is, at bottom, no design, no purpose, no evil and no good, nothing but blind pitiless indifference.”

This makes sense until we observe the human soul with its pain & longings.



Richard Dawkins
 (British evolutionary biologist)

5

Our material senses raise questions that science has a hard time answering.

Why do we die?
The reason we live?



Abraham Maslow

Transcendence (Spiritually oriented)

Self actualization - Cognitive / Aesthetic

Esteem needs - respect from others (Socially oriented)

Belonging needs - social security

Safety needs - material security for the future

Biological needs - food & shelter (Materially oriented)

6

Levels of human longings

Casual longings

Critical longings

Core longings



7

How to set a spiritual diet of meat (not milk)?

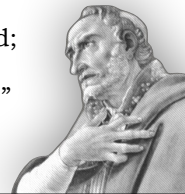
1. **Hunger** - Wet the appetite.

“You have made us for Yourself,
and our hearts are restless
until they find their rest in You”

Psalm 37:4

“Delight yourself in the Lord;
and He will give you
the desires of your heart.”

St Augustine



8

A “seeker oriented” church is a place where
both God and those who bear His image are

SEEKING.

Luke 19:10

“For the Son of Man has come to **seek and to save that which was lost.**”

Acts 17

“26 and He made from one, every nation of
mankind . . . 27 that they should **seek God**, if
perhaps they might **grope for Him and find
Him**, though He is not far from each one of
us; 28 for in Him we live and move and exist,”

9

Literary context

Hebrews 6:12

“that you may not be sluggish,
but imitators of those who through
faith and patience inherit the promises.”

“**sluggish**” = slow to get past the milk

“**imitators**” = follow example of ...

“**patience**” = endurance

Hebrews 5:8

“Although he (Jesus) was a son,
he learned obedience
from the things which he suffered.”

10

Hebrews 6

“13 For when God made the promise to
Abraham, since He could swear by no one
greater, He swore by Himself, 14 saying, “*I
will surely bless you, and I will surely multiply
you.*” 15 And thus, having patiently waited,
he obtained the promise. 16 For men swear
by one greater than themselves, and with
them an oath given as confirmation is an end
of every dispute.”

**Abraham’s experience shows US that
God’s promises** (in our case - the Gospel of
Christ) **are sure but often misunderstood.**

11

“17 In the same way God, desiring even more
to show to the heirs of the promise the
unchangeableness of His purpose, interposed
with an oath, 18 in order that by two
unchangeable things, in which it is
impossible for God to lie, we may have strong
encouragement, we who have **fled for refuge
in laying hold of** the hope set before us. 19
This hope we have as an anchor of the soul, a
hope both sure and steadfast and one which
enters within the veil, 20 where Jesus has
entered as a forerunner for us, having
become a high priest forever according to the
order of Melchizedek.”

12

Hebrews 6
(interpretive paraphrase)

“God promised Abraham that his seed (Jesus) would address humanity’s deep longing for life. He doubled down on His promise with an oath of assurance that his heirs would be both blessed and a blessing. This was to encourage us who have risked all to follow Christ by affixing our souls to God’s promises. Christ’s resurrection is the revelation of the nature of the promises and their assurance.”

13

Matthew 5

“3 Blessed are the **poor in spirit**, for theirs is the kingdom of heaven.
4 Blessed are those who **mourn**, for they shall be comforted.
5 Blessed are the **gentle**, for they shall inherit the earth.
6 Blessed are those who **hunger and thirst for righteousness**, for they shall be satisfied.
7 Blessed are the **merciful**, for they shall receive mercy.
8 Blessed are the **pure in heart**, for they shall see God.
9 Blessed are the **peacemakers**, for they shall be called sons of God.
10 Blessed are those who have been **persecuted** for the sake of righteousness, for theirs is the kingdom of heaven.
11 Blessed are you when men **cast insults at you, and persecute you, and say all kinds of evil against you falsely, on account of Me.**”

14

How to set a spiritual table of meat, not milk.

- 1. Hunger** - Wet the appetite.
- 2. Expectations** - Read God’s menu.

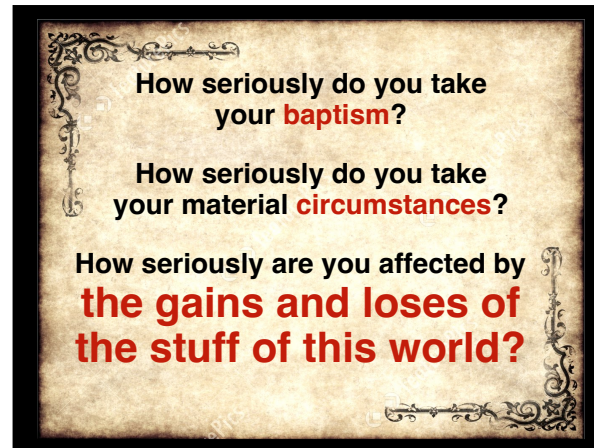
2 Peter 1

“3 for His divine power has granted to us everything pertaining to **life and godliness**, through the true knowledge of Him who called us by His own glory and excellence. 4 Through these (**His nature - power, glory, and virtue**) He has granted to us His precious and magnificent **promises**, so that by them you may become **partakers of the divine nature**, having escaped the corruption that is in the world on account of lust.”

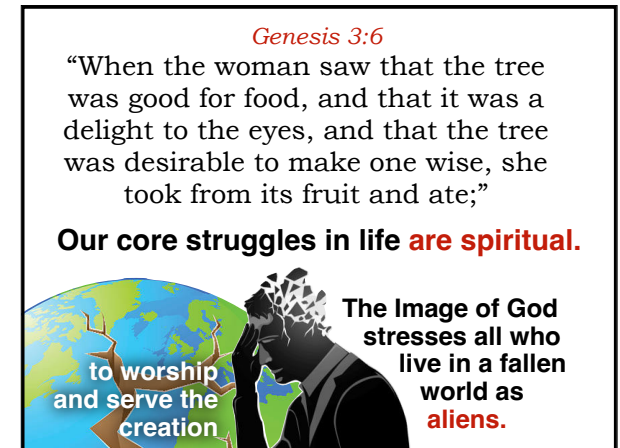
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16



17



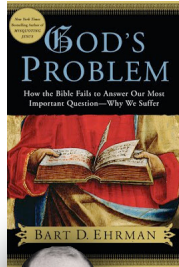
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Wetting the appetite for meat.

1. **Spiritual hunger is key to a positive response to the Christian Gospel.**
2. **The Image of God within us must not be suppressed.** - shame, isolation, meaning, anger, fear, etc.
3. **Don't kill your appetite with the junk food of Satan's kitchen - sedatives for suffering/shame.**
4. **Meat is more appetizing when we are burning calories by walking (in the Spirit).**
5. **A good meal is best shared in community.**

19

Life is a mess.



“How the Bible Fails to Answer Our Most Important Question – Why we Suffer?”

“I just began to lose it. It wasn't for lack of trying. But I just couldn't believe there was a God in charge of this mess.”

Is Dr. Ehrman's problem, with God or God's answer?

20

How to set a spiritual diet of meat (not milk)?

1. **Hunger** - Wet the appetite.
2. **Expectations** - Read God's menu.

We are not to repress suffering, but to see through it, and beyond it.



21

Much of what our flesh wants is not on the menu of God's promises.

Romans 8

“18 For I consider that the **sufferings** of this present time are not worthy to be compared with the **glory** that is to be revealed to us. . . . 23 And not only this, but also we ourselves, having the first fruits of the Spirit, even we ourselves **groan** within ourselves, **waiting** eagerly for our adoption as sons, the redemption of our body. 24 For in hope we have been saved, but hope that is seen is not hope; for why does one also hope for what he sees? 25 But if we hope for what we do not see, with **perseverance** we wait eagerly for it.”

22

Knowing the menu.

1. **Be prepared to experience peace and power in response to challenging circumstances.**
2. **Learn from the examples of Jesus and the Apostles.**
3. **We are not called to deny our circumstances but to see beyond them.**
4. **Meat is more attractive when we are burning calories by walking (in the Spirit).**
5. **We are not called to bring heaven to earth, but rather to show hope that sees through and beyond our brokenness and pain.**

23

“True prayer is asking God what He wants.”



because in the end it is what our soul really needs & longs for.

William Barclay

24

How to set a spiritual diet of meat (not milk)?

1. **Hunger** - Wet the appetite.
2. **Expectations** - Read the menu.
3. **Encouragement** - the Body of Christ is a vital part of our growth process.

Hebrews 6

“17 In the same way **God, desiring even more to show to the heirs of the promise the unchangeableness of His purpose**, interposed with an oath, 18 in order that . . . we may have strong encouragement, we who have **fled for refuge in laying hold of the hope set before us.**”

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Hebrews 6

“15 And thus, having **patiently waited, he obtained the promise.**” 16 For men swear by one greater than themselves, and with them an oath given as confirmation is an end of every dispute. 17 In the same way **God, desiring even more to show to the heirs of the promise the unchangeableness of His purpose**, interposed with an oath, 18 in order that by two unchangeable things, in which it is impossible for God to lie, 18 we may have strong encouragement, we who have **fled for refuge in laying hold of the hope set before us.**”

3. **Encouragement** - the Body of Christ is a vital part of our growth process.
2. **Assurance** - serenity, security, stamina, significance,

26

How to set a spiritual diet of meat (not milk)?

1. **Hunger** - Wet the appetite.
2. **Expectations** - Read the menu.
3. **Encouragement** - the Body of Christ is a vital part of our growth process.
4. **Assurance** - Jesus' Resurrection is our sign - a portal to glory

Hebrews 6

“19 This hope we have as an anchor of the soul, a hope both sure and steadfast and one which enters within the veil, 20 where **Jesus has entered as a forerunner for us, having become a high priest forever according to the order of Melchizedek.**”

27



28