

There is No Reason to Turn Back!
An Exposition of the Book of Hebrews

18: “Milk or Meat – What’s Your
 Diet Like?”
 Hebrews 5:11- 6:3

Hebrews 5:11

“¹¹ Concerning him we have much to say, and it is hard to explain, since you have become dull of hearing.”

5:1-10 Introducing Christ’s
 priesthood as superior to
 Aaron by referencing
 Melchizedek of the Old
 Testament.

5:11 – 6:20 **Parenthetical thought
 on immaturity**

7:1-10 Return to the teaching on
 Melchizedek.

Hebrews 5:11-14

“¹¹ Concerning him we have much to say, and it is hard to explain, since you have become dull of hearing. ¹² For though by this time you ought to be teachers, you have need again for someone to teach you the elementary 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 not accustomed to the word of righteousness, for he is an infant. ¹⁴ But solid food is for the mature, who because of practice have their senses trained to discern good and evil.”

Hebrews 6:1-3

“^{6:1} Therefore leaving the elementary teaching about the Christ, let us press on to maturity, not laying again a foundation of repentance from dead works and of faith toward God, ² of instruction about washings and laying on of hands, and the resurrection of the dead and eternal judgment. ³ And this we will do, if God permits.”

Hebrews 5:11-12

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I Corinthians 3:1-2

“¹ And I, brethren, could not speak to you as to spiritual men, but as to men of flesh, as to infants in Christ. ² I gave you milk to drink, not solid food; for you were not yet able to receive it. Indeed, even now you are not yet able.”

Hebrews 5:13-14

“¹³ For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. ¹⁴ But solid food is for the mature, who because of practice have their senses trained to discern good and evil.”

Hebrews 6:1-3

“^{6:1} Therefore leaving the elementary teaching about the Christ, let us press on to maturity, not laying again a foundation of repentance from dead works and of faith toward God, ² of instruction about washings and laying on of hands, and the resurrection of the dead and eternal judgment. ³ And this we will do, if God permits.”

Hebrews 9:13-14

“¹³ For if the blood of goats and bulls and the ashes of a heifer sprinkling those who have been defiled sanctify for the cleansing of the flesh, ¹⁴ how much more will the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, cleanse your conscience from dead works to serve the living God?”

Acts 2:38

“³⁸ Peter said to them, ‘Repent, and each of you be baptized in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit.’”

Acts 11:17-18

“¹⁷ ‘Therefore if God gave to them the same gift as He gave to us also after believing in the Lord Jesus Christ, who was I that I could stand in God's way?’
¹⁸ When they heard this, they quieted down and glorified God, saying, ‘Well then, God has granted to the Gentiles also the repentance that leads to life.’”

Leviticus 1:4; 3:8, 13

“^{1:4} He shall lay his hand on the head of the burnt offering, that it may be accepted for him to make atonement on his behalf.”

“^{3:8} ...and he shall lay his hand on the head of his offering and slay it before the tent of meeting, and Aaron's sons shall sprinkle its blood around on the altar.”

“^{3:13} ...and he shall lay his hand on its head and slay it before the tent of meeting, and the sons of Aaron shall sprinkle its blood around on the altar.”

John 6:37

“³⁷ All that the Father gives Me will come to Me, and the one who comes to Me I will certainly not cast out.”

John 10:27-30

“²⁷ My sheep hear My voice, and I know them, and they follow Me; ²⁸ and I give eternal life to them, and they will never perish; and no one will snatch them out of My hand. ²⁹ My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father’s hand. ³⁰ I and the Father are one.”

Ecclesiastes. 12:14

“¹⁴ For God will bring every act to judgment, everything which is hidden, whether it is good or evil.”

Romans 8:1

“¹ Therefore there is now no condemnation for those who are in Christ Jesus.”

I Corinthians 3:12-15

“¹² Now if any man builds on the foundation with gold, silver, precious stones, wood, hay, straw, ¹³ each man’s work will become evident; for the day will show it because it is to be revealed with fire, and the fire itself will test the quality of each man’s work. ¹⁴ If any man’s work which he has built on it remains, he will receive a reward. ¹⁵ If any man’s work is burned up, he will suffer loss; but he himself will be saved, yet so as through fire.”

**We must diligently listen
to the author of Hebrews.**

Hebrews 2:1

“¹ For this reason we must pay much closer attention to what we have heard, so that we do not drift away from it.”

Hebrews 3:7-8

“⁷ Therefore, just as the Holy Spirit says, ‘TODAY IF YOU HEAR HIS VOICE, ⁸ DO NOT HARDEN YOUR HEARTS AS WHEN THEY PROVOKED ME, AS IN THE DAY OF TRIAL IN THE WILDERNESS.’”

Hebrews 3:15

“¹⁵ while it is said, ‘TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS, AS WHEN THEY PROVOKED ME.’”

Hebrews 4:1-2

“¹ Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. ² For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard.”

Hebrews 4:7

“⁷ He again fixes a certain day, ‘Today,’ saying through David after so long a time just as has been said before, ‘TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS.’”

Galatians 1:6-7

“⁶ I am amazed that you are so quickly deserting Him who called you by the grace of Christ, for a different gospel; ⁷ which is really not another; only there are some who are disturbing you and want to distort the gospel of Christ.”

**What are the marks of
Christian immaturity?**

Romans 12:1-2

“¹ Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. ² And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”