

**FAITH
OUT OF THE
SHADOWS**



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Icebreaker

What is a food item that you hated as a kid but learned to love?

Discussion Prompts

1. In Hebrews 5:11-14, how does the author describe the spiritual maturity of first century believers?

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2. What are some modern challenges that prevent believers from growing spiritually?

3. Verses 12-13 mention the need to be taught the “elementary truths” along with the word “milk” in reference to immature believers. What are some foundational Christian teachings you think these verses refer to?

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4. The term “solid food” is used to describe the teachings for the mature. Why do think many Christians believe that “solid food” refers to living out faith and sharing Jesus?

5. Verse 14 emphasizes the importance of training to discern good from evil. How can believers improve their spiritual discernment?

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Group Prayer

Each group member should share one practical step they can take to move toward “solid food.” Then, pray as a group.

Personal Reflection & Deeper Study for This Week

- Memorize Hebrews 5:14
- Identify the larger context of Hebrews 5:11-14. What is the author addressing before and after verses 11-14? How do verses 11-14 fit into Hebrews 5?
- How does Paul’s discussion of spiritual maturity in 1 Corinthians 3:1-3 compare with what is said in Hebrews 5:11-14?
- In Ephesians 4:11-16, Paul talks about equipping the saints for maturity. How does the idea of equipping and unity in Ephesians relate to the individual responsibility mentioned in Hebrews 5:11-14?