

Training vs. Trying

Why do I need spiritual disciplines to grown in my faith?

Hebrews 5:11-6:3

- ★ ¹¹ We have much to say about this, but it is hard to make it clear to you because you no longer try to understand. ¹² 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! ¹³ Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. ¹⁴ But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Hebrews 6:1-3

* Chapter 6

- * ¹Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God,
²instruction about cleansing rites, the laying on of hands, the resurrection of the dead, and eternal judgment. ³ And God permitting, we will do so.

1. Understand that God wants you to grow in spiritual maturity

- ★ Hebrews 6:1-Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God
- ★ All the stuff we want in our own lives, God wants for us too.
- ★ God wants to help you and me

2. Stop trying and start training

* Hebrews 5:14-

- * ¹⁴ But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.
- * Difference between training to do something and trying to do something
 - * Training is required for any significant challenge in your life
 - * Training leads to more JOY

What does the Bible say?

- * 1 Corinthians 9:25

- * ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

- * 1 Timothy 4:7-8

- * ⁷ Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

★ 2 Timothy 3:16-17

- ★ ¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.

* Hebrews 12:1-3

- * Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

*Move from something we got
to do to something we get
to do*