Question:

The Bible teaches that milk is for spiritual infants, while solid food is for those who are mature in the faith. What, then, is an example of this “solid food”?

The Biblical Context

> Hebrews 5:12-14 (NKJV)
>
> For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

Here, milk refers to the elementary teachings of the faith, while solid food refers to the deeper truths of Christian living and the exercise of spiritual discernment.

What Is Milk?

Hebrews 6:1-2 lists what the milk represents:

> Hebrews 6:1-2 (NKJV)
>
> Therefore, leaving the discussion of the elementary principles of Christ, let us go on to perfection, not laying again the foundation of repentance from dead works and of faith toward God, of the doctrine of baptisms, of laying on of hands, of resurrection of the dead, and of eternal judgment.

These are foundational doctrines:

- Repentance from dead works
- Faith in God
- Instruction about baptisms
- Laying on of hands

 Resurrection of the dead

 Eternal judgment

These are essential, but they are spiritual milk — necessary for new believers, but not enough for spiritual growth toward maturity.

Examples of Solid Food — Deeper Spiritual Truths

1 Loving Your Enemies

> Matthew 5:44 (NKJV)
>
> But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.

 Theological Insight:

Loving one’s enemies reflects the very heart of God (Romans 5:8). It demonstrates Christlike character and maturity because it mirrors God’s love for us when we were His enemies (Romans 5:10). This teaching challenges the natural human instinct for revenge and self-preservation, requiring the believer to rely on the Spirit’s power (Galatians 5:22-23).

2 Understanding God’s Purpose in Suffering

> Philippians 1:29 (NKJV)
>
> For to you it has been granted on behalf of Christ, not only to believe in Him, but also to suffer for His sake.

 Theological Insight:

Suffering is not merely something to endure, but something God sovereignly uses to refine and sanctify us (Romans 5:3-5; James 1:2-4). Mature believers see suffering as part of God’s loving discipline and preparation for glory (1 Peter 4:12-13).

3 Spiritual Discernment

> Hebrews 5:14 (NKJV)
>
> But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

 Theological Insight:

Discernment is essential for navigating false teaching (1 John 4:1), distinguishing between good and evil in complex situations (Romans 12:2), and applying God’s Word faithfully. It grows through constant practice and obedience, not mere knowledge (John 7:17).

4 Submitting to God’s Discipline

> Hebrews 12:11 (NKJV)

> Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

 Theological Insight:

God disciplines His children out of love (Hebrews 12:6). Mature believers understand that discipline shapes their character and produces righteousness. This reflects Christ’s own obedience through suffering (Hebrews 5:8)

5 Self-Denial and Bearing the Cross

> Luke 9:23 (NKJV)
>
> Then He said to them all, ‘If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.

 Theological Insight:

This is the call to die daily to self-will, sin, and worldly desires (Galatians 2:20). A mature believer embraces this as the path of true discipleship and conformity to Christ (Romans 8:29).

6 Humility and Selfless Service

> Philippians 2:3-8 (NKJV)
>
> Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself... Let this mind be in you which was also in Christ Jesus... He humbled Himself and became obedient to the point of death, even the death of the cross.

 Theological Insight:

True maturity is marked by Christlike humility — putting others before oneself and serving as Christ served (Mark 10:45). This goes far beyond outward acts; it reflects an inner transformation (Matthew 23:

Solid Food Requires Ongoing Growth

As the Apostle Paul says:

> Colossians 1:28 (NKJV)
>
> Him we preach, warning every man and teaching every man in all wisdom, that we may present every man perfect in Christ Jesus.

Solid food is the deeper, often harder truths that stretch us toward Christlikeness. It calls us to grow in grace and knowledge (2 Peter 3:18), to practice righteousness (1 John 3:7), and to walk as Jesus walked (1 John 2:6).

Conclusion:

Milk lays the foundation. Solid food builds us up into the full stature of Christ (Ephesians 4:13). Let us move beyond the basics, asking God for grace to feed on His Word deeply, so that we may grow into mature, discerning, Christlike believers.

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