



SERIES: A SEASON OF HOPE

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Tuesday, 12/15/20

Scripture: Hebrews 5 and 6

TITLE: You Are What You Eat

In my early 20s, I owned a marketing company, where I traveled all over the United States, marketing products for certain companies. There was one trip I made that I brought my wife down to Louisiana. We had a fun time staying in historic New Orleans and the college town of Lafayette. But on our way home, we experienced one of the most frightening moments of my life. During a rainstorm in the middle of Mississippi, we took a curve at what I thought was a normal speed. Well, we began to hydroplane, spin, and found ourselves in a ditch full of mud. Much to my surprise, as I got out of the car, I saw two other vehicles that had recently spun out as well. But as I looked from my car, I realized we were stuck, and we needed help to get out.

Getting stuck is not just something that happens to our cars. It happens with our spiritual lives. I think it happens more often than we care to admit.

The Apostle Paul identifies in Hebrews 5 and 6 two key reasons why we become spiritually stuck.

There is much more we would like to say about this, but it is difficult to explain, especially since you are spiritually dull and don't seem to listen. ¹² You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. ¹³ For someone who lives on milk is still an infant and doesn't know how to do what is right. ¹⁴ Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong. ⁶ ¹ So let us stop going over the basic teachings about Christ again and again. Let us go on instead and become mature in our understanding. (Hebrews 5:11-14; 6:1a, NLT)

Did you see the two reasons why people become spiritually stuck? First, Paul says some Christians act like babies, and so all they do is consume milk. In other words, they have chosen not to advance in their walk with God. They only consume the basics. They say things like, "I'm okay with a simple faith, or a blind faith", or "I'm just going to believe whatever the pastor tells me. I won't take time to learn Scripture for myself. It will take time to see what God says about life, the universe, and everything."

You see, you are what you eat. If you are spiritually stuck, it's probably because you have not had a steady diet of the Bible. You may go to church on Sunday, but you don't take the time to study the Word of God for yourself, so you've chosen to stay as an infant. You've chosen to stay stuck.

But then Paul says in verse 12, that you need someone to teach you again the basic things about God's Word. In other words, you need a coach. I've discovered, everyone needs a coach. Even the greatest athletes have coaches, because we all have blind spots, and we all can become complacent.

If Paul were talking to you today, he would say this, "Don't settle. Get help." Zig Ziglar once said, "Motivation gets you going, but discipline keeps you growing."

Today, my challenge is this: If you are spiritually stuck, don't panic and don't settle. Ask God for the motivation and the desire to get moving again. God has graciously given us His Word. We can access it anytime we want. The question is, do you want it? Do you want to stay as a baby, or do you want to grow up? I don't know about you, but I like milk, and I love a good steak. Choose to grow. Second, find yourself a Christian coach. I would love to be one of your coaches. You came to this podcast today. You are saying, "Nat, please coach me." And I will. But I don't want you to stop there. Download our goTandem app. Allow us at Back to the Bible to walk alongside you daily, to get you into God's Word, so that you will grow.

Today, get unstuck by choosing to go and follow your coach.