

Preparing for Solid Food  
Psalm 17:15  
By Russ Earl

Thesis: I want to show how it's important we prepare for spiritual food.

Intro:

1. With anything in life that's worthwhile preparation is needed and is important.
2. The same is true of spiritual matters as well.
3. If you want to grow spiritually, you must prepare for growth.

### I. The Desire for Solid Food

- A. Desire is the first step.
  1. In order to do anything, especially to grow as a Christian you must have the desire.
  2. If anyone doesn't truly have the desire, then they are wasting their time.
- B. The Bible tells us that Christians should possess such a desire.
  1. **2 Tim 2:15** tells us we should be diligent to learn and grow. This would include going beyond the milk of God's Word.
  2. Do you possess such a desire. One cannot grow spiritually without effort and study.
  3. It's sad when we see those who have been members for years and they know so little about God, the Bible and the church in general.

### II. The Purpose of Solid Food

- A. Solid spiritual food isn't about degrees, or abbreviations before our names.
  1. Spiritual food is essential so that we can defend ourselves from the many attempts this wicked world makes to destroy the beliefs of Christians.
  2. Notice **2 Corinthians 2:11**
- B. Spiritual food is about learning more about God, Christ & growing closer to our Father.
  1. The more you know and understand about God the closer you grow to Him. Such as it is in life. The better you know someone you closer you are too them.
  2. Sadly the opposite is true, when you know little about God, you are not as close to Him as you should be, as you could be.
  3. The 3 disciples known as the "inner three" (Peter, James & John; Mt 17:1) are called such because they were close to Christ. They were close to Christ because they desired to know all they could about Him.
  4. We should desire to be closer to God each and every day. To desire to satisfied only as we grow closer to Him. Consider with me, **Psalm 17:15**.

### III. What is this "Solid Food"?

- A. Solid food as revealed in the scriptures.
  1. Solid food are those things that require deeper thought, and consideration. Things that are not easily understood by some.
  2. These are not first principles but are food for the mature & dedicated.
  3. "Solid food" in **Hebrews 5:12-14**; refers to deeper, more solid or advanced teaching. What a shame, after years of being a Christian, one is still unable to receive, or maybe even understand, the deeper spiritual teachings of God.

B. Who is this “Solid Food” for?

1. It’s for the mature Christian (**Heb 5:14**)
2. When the Christian has become mature enough to know & understand first principles.  
Then it is time for that Christian to begin on the solid food from God’s Word.

Conc:

1. Are you ready for solid spiritual food? (**Heb 6:1a**)
2. May God bless you, as you continue to learn and grow closer to Him. Thank you for listening.