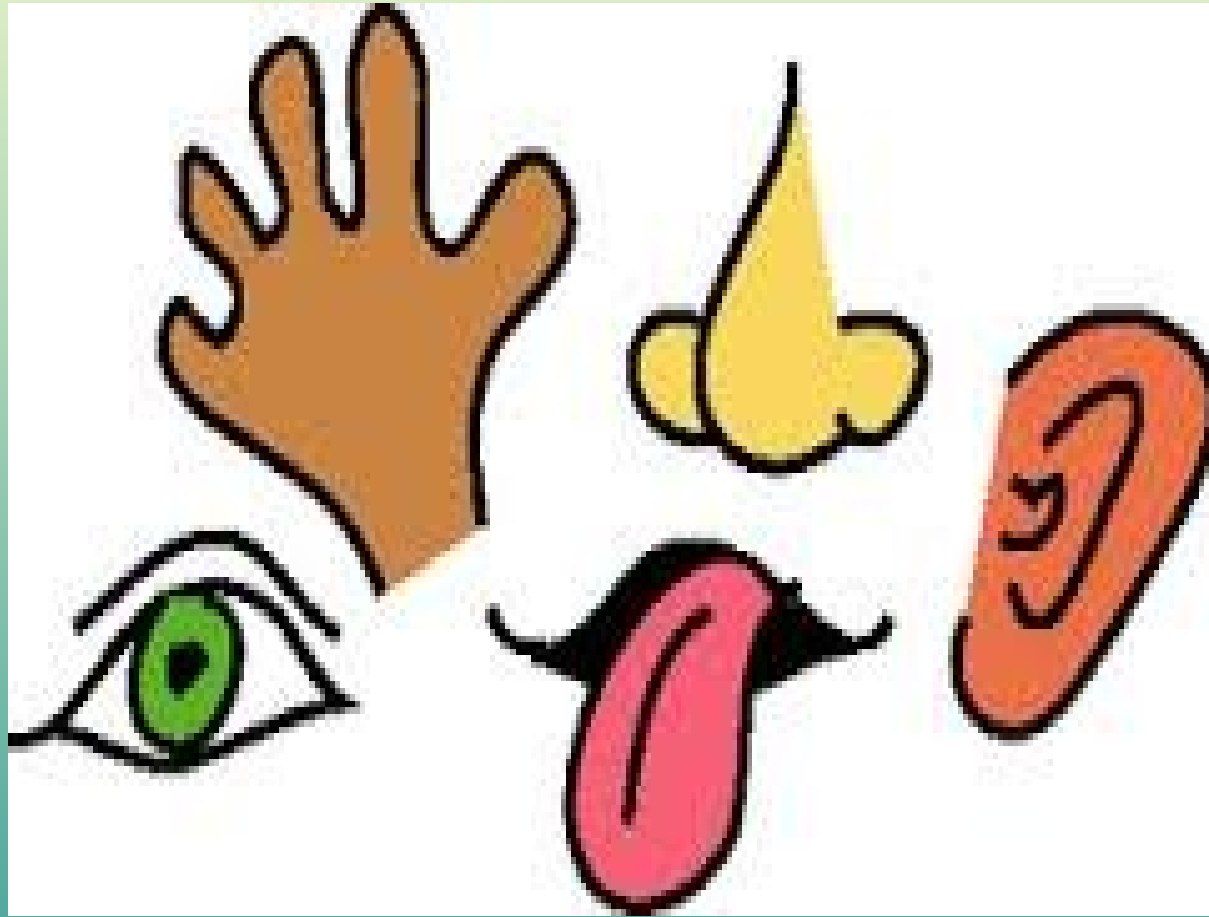


TEXT: Hebrews 5:12-14



Spiritual Senses

12 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. 13 For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. 14 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.

Hebrews 5:12-14

There is a lot of emphasis placed on getting exercise.

We have become more sedate, stationary, couch potatoes.

While this applies to our physical health – it also applies to our spiritual health.

Introduction

“Those who by reason of use have their senses exercised” (Hebrews 5:14)

All 5 physical senses – have a spiritual counterpart

Our spiritual senses need some exercise.

Introduction

1 Peter 2:2-3 2 as newborn babes, desire the pure milk of the word, that you may grow thereby, 3 if indeed you have tasted that the Lord is gracious.

Psalm 34:8 Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him!

TASTE

Hebrews 6:4-5 4 For it is impossible for those who were once enlightened, and have tasted the heavenly gift, and have become partakers of the Holy Spirit, 5 and have tasted the good word of God and the powers of the age to come,

TASTE

Isaiah 55:3 Incline your ear, and come to Me. Hear, and your soul shall live; And I will make an everlasting covenant with you--The sure mercies of David.

Revelation 2:7 He who has an ear, let him hear what the Spirit says to the churches.

HEARING

Hebrews 5:11 of whom we have much to say, and hard to explain, since you have become dull of hearing.

2 Timothy 2:2 And the things that you have heard from me among many witnesses, commit these to faithful men who will be able to teach others also.

HEARING

Matthew 13:13-15 13 Therefore I speak to them in parables, because seeing they do not see, and hearing they do not hear, nor do they understand. 14 And in them the prophecy of Isaiah is fulfilled, which says: 'Hearing you will hear and shall not understand, And seeing you will see and not perceive;

HEARING

Matthew 13:13-15 15 For the hearts of this people have grown dull. Their ears are hard of hearing, And their eyes they have closed, Lest they should see with their eyes and hear with their ears, Lest they should understand with their hearts and turn, So that I should heal them.'

HEARING

Psalm 119:18 Open my eyes, that I may see Wondrous things from Your law.

Ephesians 1:18-19 18 the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, 19 and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power

SIGHT

Philippians 4:18 Indeed I have all and abound. I am full, having received from Epaphroditus the things sent from you, a sweet-smelling aroma, an acceptable sacrifice, well pleasing to God.

Ephesians 5:1-2 1 Therefore be imitators of God as dear children. 2 And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.

SMELL

2 Corinthians 2:15-16 15 For we are to God the fragrance of Christ among those who are being saved and among those who are perishing. 16 To the one we are the aroma of death leading to death, and to the other the aroma of life leading to life. And who is sufficient for these things?

SMELL

2 Kings 22:19 because your heart was tender, and you humbled yourself before the Lord when you heard what I spoke against this place and against its inhabitants, that they would become a desolation and a curse, and you tore your clothes and wept before Me, I also have heard you," says the Lord.

TOUCH

Ephesians 4:18-19 18 having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; 19 who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

TOUCH

1 Timothy 4:2 speaking lies in hypocrisy,
having their own conscience seared with a
hot iron

Matthew 9:21 For she said to herself, "If
only I may touch His garment, I shall be
made well."

TOUCH

13 For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. 14 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.

OUR TEXT

Mature Christians exercise (train, practice, constantly use) their spiritual senses

We train our bodies and give them exercise.

OUR TEXT

What about your spirit?



**Do you use all your spiritual senses
to grow you faith and dedication?**

APPLICATION