

Diet and Exercise

Hebrews 5:11-14

Outline:

- I. The reason one should change their diet ----- vs. 11**
 - * **“dull of hearing”**
 - 1. These can't take a lot of instruction**
 - 2. These can't take difficult instruction**

- II. The shame of never changing one's diet ----- vs. 12**
 - * **“for the time ye ought to be”**
 - 1. Maturity doesn't come with time alone**
 - 2. Maturity comes with understanding**

- III. The maturity of one relates to their diet - vs. 13-14**
 - * **“strong meat belongs to them that are of full age”**
 - 1. Living on milk stunts your growth**
 - 2. Living on meat sustains your growth**