

Overcoming Spiritual Regression

Text: Hebrews 5:11-6:3

Main Idea: The only way to overcome spiritual regression is to ask God to graciously carry us to a place of maturity so that we might comprehend the glories of Christ and the Gospel.

1. **The _____ of Regression:** You are spiritually regressing if you have an attitude of _____ toward the truths of the Gospel. (v. 11)
2. **The _____ of Regression:** Those who have spiritually regressed have undermined their spiritual obligation to have an in _____ on those around them. (v. 12a)
3. **The _____ of Regression:** Spiritual regression damages a person's comprehension & _____ of the depths of the Gospel. (v. 12b-14)
4. **The _____ of Regression:** Only an act of God's _____ can stop regression and carry you to a place of maturity. (6:1-3)

Our Prayer: Father, PLEASE bring my _____ to a halt & carry me to _____!

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Our Prayer: Father, PLEASE bring my _____ to a halt & carry me to _____!

Application Questions:

1. Be honest with yourself! Where are you in your spiritual journey? Are you moving forward or do you have a lazy & indifferent attitude toward the Word of God? Is the Word of God attractive to you and do you long to know it more?
2. Think about the people in your life who you should be having an influence & impact: spouse, children, co-worker, sibling, fellow church member, etc. How has your spiritual regression hurt them or prevented them from becoming what they should become? How are you going to change your influence?
3. Think of the maturity level of the 21st century Church. Is it possible that the Church today is still only accustomed to the “milk” of the Word because of their unwillingness to move beyond the basics? Is it possible that the Church (& you) have lost the ability to handle the “meat” of the Word and thus have lost their ability to discern the deep truths of the Word?
4. What does verse 14 tell us specifically that we need to move on to maturity?
5. We often wrongly think that we hold the key to our spiritual maturity. However the verb tense in 6:1 indicates that we are actually “passive” in this endeavor. If we are to be “carried” onto maturity what is going to have to happen? (see v. 3)
6. Read 2 Chronicles 7:14. In light of this promise, what should our prayer be? If you have realized that you are spiritually stagnant, what is your only hope?

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