

Session 10: Spiritual Diet

Scripture Text: Hebrews 5:12-6:8

- I. **A realistic evaluation**
 - A. You ought to be teachers.
 - B. You are babes.

- II. **A reasonable diet**
 - A. Baby food is for babies.
 - B. You are what you eat.
 - C. Adults require and adult diet.

- III. **A spiritual revival**
 - A. It is impossible to renew them.
 - B. Of whom does it speak?
 - C. Of what does it speak?