

GROUPS DISCUSSION GUIDE

Get Into The Word



Week of Sunday August 3, 2025

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**Living out our God-given calling as
we follow Jesus and make
disciples every day.**

Introduction

The writer of Hebrews challenges us to move beyond the basics of faith and strive for maturity. Hebrews 5:11-14 highlights the difference between spiritual milk and solid food, urging us to deepen our understanding and live out our faith. Let's explore together how we can break free from complacency, engage more fully with God's word, and transition from being spiritually fed to becoming those who nurture others in their journey.

Disciple Measure

Humble Guide: Who are you helping take their next step closer to Jesus?

Discussion Questions

It's Time to Grow Up

HIGHLIGHT

Have someone read aloud...

[Hebrews 5:11-14](#)

EXPLAIN

Discuss the following questions...

Opening Question: Share about a time when you wished you were older or more mature. How does that experience relate to spiritual growth?

1. What does it mean to be "spiritually lazy", and how can this impact a believer's ability to grow in their faith?
2. Why is the problem of spiritual immaturity compared to physical immaturity, and what lesson can be drawn from these comparisons?
3. How can understanding the disciple's life cycle influence personal spiritual development and discipleship?

Have someone read aloud [Ephesians 4:11-15](#).

4. What is our role in helping others grow as disciples, and what is the result of that growth?
5. How does pursuing spiritual maturity influence our approach to discipleship?

Application Questions

Notes:

APPLY

Discuss the following questions...

- 1. How has your approach to learning about God and the Bible changed since you first became a Christian? Are you more or less eager to learn now?
- 2. What is the difference between reading the Bible for information versus reading for intimacy with God? How can we shift our focus to the latter?
- 3. The sermon states, "A truth heard but not applied is a truth lost forever." Share an example of a biblical truth you've successfully applied to your life. What was that process like?
- 4. How can we as a group help each other move through the three stages of discipleship (being fed, self-feeding, feeding others)?

RESPOND

Force for Good: How are you helping your family or others in your life grow as a disciple?

Resources For
Discipling Your Family



Resources For
Discipling Others



Prayer:

Lord, help us to grow up in our faith. May we not just hear Your Word, but apply it to our lives, maturing as disciples who can disciple others. Amen.

Questions for Families

Here are some questions you can discuss with the whole family.

Hebrews 5:11-14

What does this passage tell us about God and how He helps us grow?

For young children, explain that God wants us to grow to know Him better, just like how they grow taller over the years. For older kids, discuss how God provides wisdom and guidance, urging us to mature in understanding His teachings.

What does this passage tell us about the importance of learning more about Jesus?

Younger children can think about how they learn new things every day, like shapes, letters, or stories about Jesus. Older children and teens can consider how we can sometimes be lazy or distracted instead of focusing on growing their relationship with God.

What can we do to grow in our faith like the passage suggests?

Encourage younger children to talk about simple steps like praying before meals or bedtime. For older children, discuss more specific actions such as reading the Bible regularly, taking notes during church, or joining a student Life Group.

NT 260

WEEK: 32

- Hebrews 9
- Hebrews 10
- Hebrews 11
- Hebrews 12
- Hebrews 13

MEMORY VERSE: Matthew 6:19-21

Resources

Resources to Listen to

BEMA Discipleship Podcast - Hebrews - Running A Better Race



Marty Solomon takes a deeper dive into the running the race and the book of [Hebrews](#).
(34 min)

Resources to Watch

Bible Project Guide - The Book of Hebrews



See a collection of videos and articles to guide you through the book of [Hebrews](#).
(20 min)

Bible Project - How To Read The Bible



Dive deeper into the literary styles and how to better [understand the Bible](#) in this video series.
(1hour 40min)

Life Group Resources

We have a variety of resources and are continually adding new ones. Some of our resources include group launch guides, on-demand training modules, and curriculum resources. To request a resource, reach out to us at groups@longhollow.com.

D-Group Resources

If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.



longhollow.com/lifegroups



longhollow.com/dgroups

Commentary

Notes:

What's Going On?

The sermon draws on Hebrews 5:11-14, a passage that talks about spiritual growth. In the literary context, the letter to the Hebrews is addressing a critical concern: many believers are not maturing in their faith as they should be. The passage starts by pointing out the difficulty in explaining advanced teachings about Jesus because the readers are not ready for "solid food." Instead, they are still on "milk," much like a baby who isn't ready for adult food. The writer uses this metaphor to emphasize that the audience should be progressing in their understanding of God's word but haven't yet reached this point.

This passage falls in the middle of a larger discussion about the priesthood of Jesus, a complex subject that combines Old Testament knowledge with the new covenant Jesus established. The writer interrupts this deep theological explanation to address the immediate problem: the recipients are not mature enough to grasp these teachings. Throughout Hebrews, the author encourages believers to grow deeper in faith and move beyond the basics to become teachers themselves. In doing so, the writer urges them to recognize the importance of applying God's word to distinguish between right and wrong, highlighting the need for both knowledge and spiritual maturity.

Biblical Timeline



Notes:

A Bit of Background

Historically, the letter to the Hebrews was written to Jewish Christians who were familiar with the Old Testament and its teachings. These early believers found themselves at a crossroads, trying to understand how Jesus fit into their traditional beliefs. The letter was likely penned before the destruction of the Jerusalem temple in 70 A.D., a time when Christians were facing persecution and pressure to return to Jewish customs.

The role of priests and the sacrificial system described in the Old Testament were vital aspects of Jewish religious life. The letter explains how Jesus fulfilled these roles through His sacrifice, making it easier for believers to see Him as the ultimate high priest. However, the early church was dealing with challenges like spiritual laziness and a lack of deep understanding, similar to issues we face today.

This passage serves as both a warning and encouragement. The Jewish Christians, like many of us, had to be reminded not to become complacent or lazy in their faith. Instead, they were called to pursue maturity by deepening their relationship with God. Understanding this background helps us see why the writer of Hebrews was so passionate about urging believers to grow and mature in their spiritual journey.

Hebrews Approx. Written
Early 60s AD

Today's highlighted
passage and other
related passages

Birth of
Christ

Crucifixion
and Resurrection

Book of
Revelation

Sermon Notes

Hebrews 5:11-14 CSB

We have a great deal to say about this, and it is difficult to explain, since you have become too lazy to understand. Although by this time you ought to be teachers, you need someone to teach you the basic principles of God’s revelation again. You need milk, not solid food. Now everyone who lives on milk is inexperienced with the message about righteousness, because he is an infant. But solid food is for the mature for those whose senses have been trained to distinguish between good and evil.

(Get digital notes on your mobile device at notes.longhollow.com)

Living out our God-given calling as we follow Jesus and make disciples every day.

Spirit-Led Follower

A disciple who walks with Jesus daily, anchoring their lives to God's Word and obediently following the Holy Spirit where He leads.

Intentional Friend

A disciple who is always looking for ways to care for others and meet their needs. This is a practical way to be present in the lives of those around us.

Humble Guide

A disciple who is a humble guide takes every opportunity to help people take their next step closer to Jesus. This is someone who is constantly looking for opportunities to have Gospel conversations and speak truth into someone's life.

Force For Good

When a disciple lives out their God-given calling, they naturally become a force for good where they live, work, and play. This type of person is looking for opportunities to meet needs, heal brokenness, and bring tangible hope to the people in their life and in their community.



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