

MEAT

FOR GROWING CHRISTIANS



MEAT: FOR GROWING CHRISTIANS—TEACHER'S MANUAL

Written by Frank Hamrick and Jerry Dean

Copyright 1993, 2007, 2013 by Positive Action for Christ, Inc., P.O. Box 700, 502 W. Pippen St., Whitakers, NC 27891.

www.positiveaction.org

All rights reserved. No part may be reproduced in any manner without permission in writing from the publisher.

Third edition 2013

Printed in the United States of America

ISBN 978-1-59557-172-4

Edited by CJ Harris and Jim Lord

Designed by Shannon Brown

Published by



TABLE OF CONTENTS

Chapter	1	The Inspiration of the Bible: Bibliology	5
	2	The Lord Jesus Christ: Christology	13
	3	The Trinity: Theology	19
	4	The Holy Spirit: Pneumatology	25
	5	Mankind: Anthropology	33
	6	Satan: Angelology	39
	7	Demons: Demonology	45
	8	The Second Coming: Eschatology	53
		Examination Questions	61

But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

—Hebrews 5:14

The verse above literally means “solid food belongs to the fully trained athlete who, because of practice, has his senses trained to discern good and evil.” Do you want to become that fully trained athlete? Do you want to run the race that He has called you to? Then *Meat* is for you.

Infants don't start out eating solid food, but as they grow and mature, they learn to appreciate meat. Are you ready to begin your *Meat* diet? Sometimes it will be tough. Often it will be hard to digest. You will have to spend much time in order to get all the good things from *Meat*. But, if you stay with it to the end, you will realize that your spiritual strength has increased more and more with each meal.

If you're ready to begin, pray right now and ask the Lord to teach you by His Spirit, causing you to become that fully trained athlete for Him.

1

THE INSPIRATION OF THE BIBLE: BIBLIOLOGY

How do I know that the Bible is really the Word of God?

That is a question people ask frequently. In fact, some of your unsaved friends probably have already asked you that question. Even some pastors in liberal churches don't think the Bible is inspired.

DEFINITION OF INSPIRATION

Inspiration means God-breathed. When used in connection with the Scriptures, it means that God breathed into the minds of the writers exactly what He wanted them to say.

I've been inspired by a beautiful view before.

That's one type of inspiration, but that's not the same type of inspiration that we have in mind.

TWO TYPES OF INSPIRATION

Natural Inspiration

This is inspiration on the human level—the kind caused by psychological and environmental influences on an individual. For instance, due to certain moods and events in one's life, we have various impulses to draw a picture, write a poem, compose a song, play ball, etc. This is not what we mean by biblical inspiration.

Biblical Inspiration

This is inspiration on the heavenly level—the kind caused by God Himself breathing into people the actual words He wants them to write. This was purely for the purpose of revelation. God has finished this type of inspiration.

Is God still inspiring people to write?

DEFINITION OF INSPIRATION

What do we mean when we say that the Bible is the Word of God?

We mean that the very words of Scripture are inspired, or breathed out by God (2 Tim. 3:14–16). These are God's words, not great ideas that people thought of on their own. Though God used many different people to write the Bible, the Holy Spirit guided them to ensure that they wrote exactly what God desired (2 Peter 1:21).

Some say that just the thoughts and ideas are inspired. Do you remember Psalm 12:6 from our earlier study? It says that the words of the Lord are pure—like silver tried in a furnace, purified seven times. You will note that those perfect words are from God, not people.

Isn't the teaching of inspiration just found in the New Testament?

Read 2 Samuel 23:2. These are some of the last words of David, king of Israel. He said that when he was inspired by God, God's very words were on his tongue. This means that Old Testament writers also understood and taught the divine inspiration of Scripture. Note also Jeremiah 1:7–9, where God tells Jeremiah that He has put His words in the prophet's mouth.

GOD HAS STOPPED INSPIRING PEOPLE TO WRITE THE WORD OF GOD

Did writers of Scripture ever claim inspiration for someone besides themselves?

Many times. As just one example, Paul quotes in Galatians 3:16 the promise made to Abraham, as recorded by Moses in Genesis 13:15. Paul reaffirms that even singular nouns were meant to be singular nouns by God. This shows the power and preservation of God over His Word.

Are there other examples of this?

Read Romans 16:26. Here, Paul refers to the prophets' writings as Scripture.

Read 1 Corinthians 15:3–4. What writings are referred to as Scripture here? The answer is the Gospels.

Read 2 Peter 3:15–16. Peter equates the writings of Paul to the rest of Scripture.

SATAN ATTACKS THE INSPIRATION OF GOD'S WORD

Review answers from the Student Manual, if needed.

DEFEATING SATAN'S ATTACKS ON THE WORD OF GOD

Are there any other proofs that the Bible is the Word of God?

We have listed three reasons in the Student Manual why the Bible must be the Word of God, but there are several more proofs.

No contradictions

The Scriptures were written over a period of nearly two thousand years by people from all walks of life—shepherds, kings, fishermen, lawyers, tax collectors, and others—about one basic subject, Jesus Christ, yet there is not one single contradiction!

Suppose we ask everyone in the group to write a detailed paper about the dietary habits of the butterfly, and no one could use any reference books at all. After all the papers were completed, we would then take them and compile them into one book titled, *The Dietary Habits of the Butterfly*. Would that book be very authoritative? Certainly not. Would that book contain contradictions? Probably hundreds! Yet most of the Bible was written in much the same way, and there are no contradictions. Would this be possible if the book were not supernatural and God-inspired? The Bible does sometimes refer to the human authors using sources for researching their writings. See Luke 1:1–4 for an example. Even though these may have been available to other biblical authors, the agreement between the biblical authors is still overwhelming.

GOD HAS STOPPED INSPIRING PEOPLE TO WRITE THE WORD OF GOD

In the last book of the Bible, God had John write a warning. What was it? (Rev. 22:18) Anyone who adds to Scripture will receive the plagues described in Revelation.

You can rest assured that all of God's Word has been revealed by Him. The Book is finished—it cannot be added to or taken away from. Yet Satan continues to attack at this very point.

SATAN ATTACKS THE INSPIRATION OF GOD'S WORD

Ask yourself a couple of simple questions:

1. If the Bible is not completely true in every detail, can we know for sure that we are saved? no
2. Can we trust any part of the Bible if it is incorrect in certain places? no

If the Bible is not God's Word, then we are poor, ignorant individuals who can know nothing about the life that Christ has to offer. Isn't it logical that the first thing the devil will attack is the truthfulness and trustworthiness of God's Word? yes

How can I defeat these attacks on God's Word?

DEFEATING SATAN'S ATTACKS ON THE WORD OF GOD

No Errors

First, we need to know that the Bible contains no error in its archaeological, scientific, geographic, or historical record. Even though it was written many years before people knew all they know today, it does not contain even one error. Could a book

be written by a group of people over different periods of time, about subjects that they were not experts in, and still be without any error in archaeology, science, history, etc.? no

There is only one logical way for this to happen: A supernatural power must have directed its writing! If it is not humanly possible for such a book to be written, then a Being who knows everything there is to know must have written the book. Who, then, must have written the Scriptures? God

Let's look at a second reason why we can be sure the Bible is God's Word.

Fulfilled Prophecy

Second, what about fulfilled prophecies? Everything the Bible has said would happen has happened exactly as prophesied. The Old Testament was written hundreds of years before Christ, and many things were written about Christ even before He was born. Read these verses and tell what was written about Christ many years before He came to Earth. Write the answers on the longer lines.

- K 1. Psalm 16:8–11 He would be delivered from death and resurrected.
- F 2. Psalm 22:16 His hands and feet would be pierced.
- L 3. Psalm 22:18 His garments would be divided among His executioners.
- A 4. Psalm 34:20 None of His bones would be broken.
- H 5. Psalm 41:9 He would be betrayed by a familiar friend.
- J 6. Psalm 68:18 He would ascend.

Indestructibility

Evil people down through the ages have been used by Satan in an attempt to destroy the Word of God. Volumes have been burned, and people have been tortured, yet the Book lives on. Even in many countries today, possession of a Bible would mean imprisonment and often death, yet people still possess their own Bibles. Never has any book been so attacked and ridiculed, but it simply cannot be destroyed (Matt. 24:35). Certainly, its indestructibility is proof that the Bible is God's Book.

Power

A third proof that the Bible is the Word of God may be the strongest. The Bible is the only book that has the power to change the human heart inwardly. Other books may cause a person to do better, be kinder, or turn over a new leaf, but the Bible is the only book that imparts sight to the blind, brings light out of darkness, and creates life from death. The Bible is the only book that convicts people of sin, cutting through their hearts and bringing life to the soul. The Bible is the only book that has the power to ultimately and completely change people's lives—inwardly and outwardly (Heb. 4:12).

What did Jesus Christ say about the Bible?

Read Matthew 22:23–33. In verse 29, Christ refers to the Scriptures. In verse 32, He quotes the passage to which He is referring. This passage is found in Exodus 3:6. Christ put His stamp of approval on this as Scripture.

Should we believe that all the stories in the Bible are completely true, even the ones about Jonah, the Red Sea crossing, and talking animals?

Again, review the fact that the Bible must be believed in every single detail if it is to be believed at all. Is it so hard to believe that the God who created the universe by merely speaking it into existence could perform the smaller miracles found elsewhere in the Bible?

Why is it so important that I believe the Bible's inspiration?

Romans 10:17 says that faith comes by hearing, and hearing comes by the Word of God. If someone doesn't believe Scripture is the Word of God, then on what basis can he put his faith and trust in God?

The Christians at Berea gave us an example of how we ought to receive the Word. Note their attitude in 1 Thessalonians 2:13. They received Scripture, not as if it was from people, but as the Word of God.

- D 7. Psalm 69:21 He would be given gall and vinegar.

- I 8. Psalm 110:1 He would be seated at God's right hand.

- C 9. Isaiah 7:14 A Son would be born of a virgin and called Immanuel.

- G 10. Micah 5:2 He would be born in Bethlehem.

- E 11. Zechariah 9:9 He would ride on a donkey.

- B 12. Zechariah 11:12-13 He would be sold for 30 pieces of silver.

The following verses record how each of the previous prophecies were fulfilled. Now match the following verses, placing the letter of the correct passage below on the appropriate line on the shorter lines above.

- | | |
|---------------------------|--------------------|
| A. John 19:31-33 | G. Matthew 2:6 |
| B. Matthew 26:15; 27:9-10 | H. John 13:18 |
| C. Matthew 1:23 | I. Colossians 3:1 |
| D. Matthew 27:34 | J. Ephesians 4:7-8 |
| E. Matthew 21:1-6 | K. Acts 2:23-27 |
| F. John 20:20, 25 | L. Matthew 27:35 |

- Could all of these prophecies have been fulfilled perfectly if God's Word were not true? no

It would be incredibly unlikely—perhaps even impossible—for all of the above prophecies to have come true by accident. Yet there are literally hundreds of prophecies in God's Word, all of which came true, exactly as God said. No single person, much less a group of

people over hundreds of years, could have devised a set of prophecies so accurate. God's Word is not human, but supernatural.

The Bible's Own Testimony

Third, let's look at what the Bible itself says about the Word of God.

In the Old Testament alone, the phrase "thus saith the Lord" occurs more than 3,800 times. Read these verses and explain in your own words what they mean.

- 2 Peter 1:19–21 The Bible didn't come from a man's plan, but by the Holy Spirit. Therefore, it should be heeded.

- 2 Timothy 3:16 All of the Bible is inspired by God. It is profitable for teaching, reproof, correction, and instruction in righteousness.

- By these two verses we can see that God used men to write His Word. However, these men were taught, or *moved*, by what? the Holy Spirit

- According to 2 Timothy 3:16, how much Scripture is true? all of it

Christ's Own Testimony

What did Jesus Himself say about the Word?

- Matthew 5:18 Everything in Scripture will be fulfilled.

- Luke 16:17 It's easier for heaven and Earth to pass away than for Scripture to fail.

- John 10:34–35 The Scripture cannot be broken.

Read these statements carefully. If one is true, put a check beside it; if it is false, put an X beside it and state why it is false.

- X The Bible contains the Word of God. It is the Word of God. If it only contained it, parts wouldn't be inspired.
- X When you read the Bible, it becomes the Word of God to you. It's still God's Word—regardless of whether or not you read it or how you interpret it.
- X All Scripture that is given by inspiration of God is profitable. This implies that only some Scripture was given by inspiration.
- √ The Bible is all the Word of God, and every single word is completely true and trustworthy. _____

Complete This Section Without Looking Back at the Lesson

1. What does the word *inspiration* mean when it refers to the Bible? God-breathed. The inspiration of Scripture means that God breathed into the minds of the writers exactly what He wanted them to say.
2. Name the two types of inspiration: natural and biblical

3. Name four ways we can *know* God's Word is inspired: (1) no errors; (2) fulfilled prophecy; (3) the Bible's own testimony; (4) Christ's own testimony

Verses to Memorize

- 2 Peter 1:20–21
- 2 Timothy 3:16

2

THE LORD JESUS CHRIST: CHRISTOLOGY

We have just seen that the Bible is completely true and reliable on every subject it addresses. There is much talk today about one such subject—Jesus. But are all the things people say about Him true? Is Christ just a good teacher or a prophet, or is He more? Was He just a good man, or was He God in the flesh? Let's see what the Bible says.

He's the Lord: God in the flesh.

WHAT GOD'S WORD SAYS

- Read John 1:1–2, 14 and 1 John 1:1. Who is the Word mentioned in these verses? **Christ**
- How long had this Word existed? **from the beginning**
- Then, we could safely say that Jesus Christ is **God.**
- John 1:1–2 states that Christ was already in existence in the beginning with God, but then it adds that the Word was **God.**
- Read Colossians 1:16–17; John 1:3; Ephesians 3:9; and Hebrews 1:1–3. According to these verses, what did Christ do? And what does He continue to do? **He made all things and holds all things together.**
- These verses show that Christ is **the eternal Creator.**
- If Christ were only a good teacher or prophet, would He be eternal? **no**
- Could He have actually created the universe? **no**

WHAT GOD'S WORD SAYS

Review answers from the Student Manual, if needed.

WHAT CHRIST SAID

Review answers from the Student Manual, if needed.

HIS NAMES PROVE HIS DEITY

Is there a danger in thinking of Christ too much as a person and not enough as God?

Since Christ was the very God of creation in human flesh, He deserves our reverence as Lord. When Christ is spoken of as just a good teacher or prophet, we grow to think of Him as a nice guy or a great man, not as the Lord of the universe deserving our worship. We must take great care to acknowledge both His divine and human natures in one person. Study these passages in the Gospel of John to see what people who were born again called Jesus when they saw Him.

- Andrew (1:41)—the Messiah, Christ
- Nathaniel (1:49)—Rabbi, Son of God, King of Israel
- Woman at the well (4:29)—Christ, the Messiah
- Simon Peter (6:69)—Christ, Son of the Living God
- Martha (11:27)—Lord, Christ, Son of God

Every one of these references to Christ indicates respect, honor, and worship of the Lord. Finally, read John 5:23. Here we are told to *honor the Son*, which literally means to be a guardian, or avenger, of the Son. Are we guarding and avenging the name of the Lord Jesus when we think of or refer to Him in an earthly, degrading fashion?

HE IS EITHER GOD OR A LIAR

What does the name of Jesus Christ really mean?

Jesus means “Yahweh, or Jehovah, is salvation.” The name *Yahweh* means “I am.” Yahweh is salvation!

Christ means “the anointed one.” From the first indications of a coming king in the Pentateuch, the anointed one, the Messiah, has been the hope of Israel. Jesus Christ is the anointed king of Israel.

Did John the Baptist think that Jesus was just a good friend?

Note John 1:27. John said that he was not even worthy to untie Christ’s shoes. Humanly speaking, John was Jesus’ older cousin, but he still showed Jesus the respect due the Son of God. Verse 29 indicates he knew that Jesus Christ was the *Lamb of God* who takes away the sin of the world.

WHAT CHRIST SAID

- Notice what Christ said about Himself. Read John 10:30; 14:8–9. In your own words, state what Jesus said about Himself. He and the Father are one. He is in the Father, and the Father is in Him.

HIS NAMES PROVE HIS DEITY

Match the names of Christ with the Scripture references.

C	1. John 1:29	A. The Messiah
H	2. John 1:34	B. The Good Shepherd
A	3. John 1:41	C. The Lamb of God
J	4. John 1:49	D. The Bread of Life
D	5. John 6:48	E. The Son of God; Holy One of God
E	6. John 6:69	F. The Door/Gate of the Sheep
K	7. John 8:12; 9:5	G. The Resurrection and the Life
F	8. John 10:7–8	H. The Son of God; His Chosen One
B	9. John 10:11	I. The Way, Truth, and Life
G	10. John 11:25	J. The Son of God, King of Israel
I	11. John 14:6	K. The Light of the World
L	12. John 15:1	L. The True Vine
M	13. John 20:27–29	M. Lord and God
N	14. Revelation 1:8	N. Alpha and Omega, The Almighty

HE IS EITHER GOD OR A LIAR

Many say that Christ was not God, that He was not the Savior of the world, but He might have been great teacher or leader or a

good man. But if Christ was not God, as He claimed to be, then He was a liar or insane. If Jesus Christ is not God, He couldn't have been a good man.

OTHER FACTS THAT PROVE CHRIST'S DEITY

We will now look at several other facts that prove Christ was God in the flesh. Look up these verses and state those things that prove Christ was God.

- Isaiah 7:14; Matthew 1:18; Luke 1:26–27
He was born of a virgin.

- 1 John 3:5; 2 Corinthians 5:21; Hebrews 4:15
He was sinless.

- John 20:1–8, 19, 26; 1 Corinthians 15:3–8
He rose from the dead.

- Ancient Jewish law required two witnesses to establish something as true. In modern societies, the legal standards are largely the same, given enough evidence. How many people saw Christ alive after His resurrection?
more than 500

Complete This Section Without Looking Back at the Lesson

1. List the facts as well as the Scriptures that prove to your satisfaction that Christ was truly God. God's Word says that Christ was God (John 1:1–2; 1 John 1:1; Col. 1:16–17; Eph. 3:9; Heb. 1:1–3); Christ said that He was God (John 10:30; 14:8–9); His names prove His deity (see p. 15); He was either God or a liar; He was born of a virgin (Isa. 7:14; Matt. 1:18; Luke 1:26–27); He was sinless (1 John 3:5; 2 Cor. 5:21; Heb. 4:15); He arose from the dead (John 20:1–8, 19, 26; 1 Cor. 15:3–8).

OTHER FACTS THAT PROVE CHRIST'S DEITY

Is anything wrong with portraying Christ in modern plays and musicals? At least this way, you can get more people to ask questions about Christ, and maybe they'll accept Him.

This pragmatic approach has become the reasoning of many professing Christians today. Many completely anti-scriptural and blasphemous works about the life of Christ have been written and defended with this twisted logic: "Well, it's just asking questions, and there's nothing wrong with that." Nothing could be further from the truth. As we discussed in a previous question, such treatment of the name and person of Christ is unbiblical, completely unworthy, and essentially debasing to the very nature of the Son of God. This is not to say that dramatic presentations of Christ are wrong. It is possible to faithfully portray Christ as He appears in Scripture.

Second, it is never right to disobey the Word of God in order to get a chance to talk about the Son of God. In other words, it is deceptive and intellectually dishonest to stir up conversation about Christ by distorting who He said He was.

You don't have to believe all that stuff, do you? Everyone's talking about Jesus today. Just as long as you believe in Jesus, isn't that enough?

It is undeniably true that the name of Jesus has become commonplace in many cultures. But not every "Jesus" that is worshipped today brings salvation. Note Matthew 24:24 and Mark 13:22. These verses tell us that false Christs will arise and deceive many. How will we recognize these antichrists? Well, how do you know that a stick is crooked? The best way to tell a false Christ from the real one is to compare those in question with the Christ of the Bible. How does the Jesus of modern movements or movies compare with the Christ of the Bible?

Second, we have already studied in *Milk* what is necessary for a person to be saved, and a mere belief in a Jesus is not salvation. Read James 1:22–25; Mark 1:24, 5:6–7; and Luke 4:34, 8:28. From whom did all these testimonies come? Were these testifiers saved? Of course not! They worshipped Jesus and knew all about Him, but they were not saved, because they had never surrendered their rebellion and their will to the Lord Jesus Christ. Be careful of those who merely profess to believe in Jesus. They may be as lost as the demons themselves.

Why did Jesus have to be God anyway? If He was just an ordinary man, couldn't He still be the Savior?

Jesus necessarily had to be God in the flesh for these reasons:

- God demanded a perfect, sinless sacrifice. See Hebrews 7:26, and remember all the commands in the law that only perfect, blameless sacrifices be offered to God. But all ordinary people are sinners and fail to meet God's demand (Rom. 3:23).
- If Jesus was an ordinary man, his sacrifice would not have been any more capable to atone for our sins than the sacrifices of the priests under the law. Hebrews 7:23–28 shows us that Christ's eternity makes him capable of making one sacrifice once and for all.
- God designated it to be this way. God's plan was for one man to set right what one man had destroyed (Rom. 5:12–21; 2 Cor. 5:16–21). The man Jesus was this man, but this man was also Christ our Lord (Rom. 5:21). The very Creator of the universe also became its re-creator.
- The fact that Christ literally is God is proved by His resurrection from the dead. No one else could have conquered death—only Christ the God-man could. If Christ is only man, He is still in the grave. And if He is still in the grave, we are still in our sins (1 Cor. 15:14–19).

2. Could Christ not be God and still be a good man?
no

3. Prove your answer. **He would have lied because He**
claimed to be God.

Verses to Memorize

- John 20:28–29

17

What does Colossians 2:9 say about Jesus Christ?

All the fullness of the Godhead dwells in Him, bodily. This means that Jesus Christ is God. Just as the Father is holy, just, righteous, loving, merciful, and omnipotent, so Jesus Christ shares equally in all these attributes.

What did the Father say about the Son in Hebrews 1:8?

This verse is a quote from Psalm 45:6. Here the Father refers to the Son's throne as eternal. He also says that Christ has a kingdom of righteousness. Does this sound like Christ was a mere man?

According to Philippians 2:9–11, did Paul see Jesus Christ as just a mere man?

No, obviously he knew Jesus to be God. He taught that every knee should bow and every tongue should confess that Jesus Christ is Lord.

