

# MEAT

FOR GROWING CHRISTIANS

Frank Hamrick & Jerry Dean

## **MEAT:** FOR GROWING CHRISTIANS

written by Frank Hamrick and Jerry Dean

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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?*

# 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) \_\_\_\_\_

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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? \_\_\_\_\_
2. Can we trust any part of the Bible if it is incorrect in certain places? \_\_\_\_\_

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? \_\_\_\_\_

*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.? \_\_\_\_\_

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? \_\_\_\_\_

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.

- \_\_\_\_\_ 1. Psalm 16:8-11 \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_ 2. Psalm 22:16 \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_ 3. Psalm 22:18 \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_ 4. Psalm 34:20 \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_ 5. Psalm 41:9 \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_ 6. Psalm 68:18 \_\_\_\_\_  
\_\_\_\_\_

- \_\_\_\_\_ 7. Psalm 69:21 \_\_\_\_\_  
 \_\_\_\_\_
- \_\_\_\_\_ 8. Psalm 110:1 \_\_\_\_\_  
 \_\_\_\_\_
- \_\_\_\_\_ 9. Isaiah 7:14 \_\_\_\_\_  
 \_\_\_\_\_
- \_\_\_\_\_ 10. Micah 5:2 \_\_\_\_\_  
 \_\_\_\_\_
- \_\_\_\_\_ 11. Zechariah 9:9 \_\_\_\_\_  
 \_\_\_\_\_
- \_\_\_\_\_ 12. Zechariah 11:12–13 \_\_\_\_\_  
 \_\_\_\_\_

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? \_\_\_\_\_

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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2 Timothy 3:16 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- By these two verses we can see that God used men to write His Word. However, these men were taught, or *moved*, by what? \_\_\_\_\_
- According to 2 Timothy 3:16, how much Scripture is true? \_\_\_\_\_

### Christ’s Own Testimony

What did Jesus Himself say about the Word?

- Matthew 5:18 \_\_\_\_\_  
\_\_\_\_\_
- Luke 16:17 \_\_\_\_\_  
\_\_\_\_\_
- John 10:34–35 \_\_\_\_\_  
\_\_\_\_\_

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.

\_\_\_\_\_ The Bible contains the Word of God. \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ When you read the Bible, it becomes the Word of God to you. \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ All Scripture that is given by inspiration of God is profitable. \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ 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? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Name the two types of inspiration: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Name four ways we can *know* God's Word is inspired:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Verses to Memorize

- 2 Peter 1:20–21
- 2 Timothy 3:16

# 2

## 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? \_\_\_\_\_
- How long had this Word existed? \_\_\_\_\_
- Then, we could safely say that Jesus Christ is \_\_\_\_\_  
\_\_\_\_\_
- John 1:1–2 states that Christ was already in existence in the beginning with God, but then it adds that the Word was \_\_\_\_\_  
\_\_\_\_\_
- 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? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- These verses show that Christ is \_\_\_\_\_
- If Christ were only a good teacher or prophet, would He be eternal? \_\_\_\_\_
- Could He have actually created the universe? \_\_\_\_\_

## 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. \_\_\_\_\_

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## HIS NAMES PROVE HIS DEITY

Match the names of Christ with the Scripture references.

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

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- 1 John 3:5; 2 Corinthians 5:21; Hebrews 4:15

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- John 20:1–8, 19, 26; 1 Corinthians 15:3–8

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- 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?

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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. \_\_\_\_\_

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2. Could Christ not be God and still be a good man?

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3. Prove your answer. \_\_\_\_\_

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Verses to Memorize

- John 20:28–29