

Hebrews 5.14

Having our Senses trained

The fact of this passage is that the writer of Hebrews is very concerned that his audience is not saved. He is contending for their very souls and comes to this simple but profound truth, solid food is for those who are mature, for those who are alive. We demonstrate our liveliness by our intake of and digestion of real food. Someone who regularly eats normal, healthy food and suddenly becomes unable to digest it needs to go to the doctor and find out what is wrong, because something is very, very wrong inside of them. The same thing is true spiritually, if you cannot take in real solid food it indicates that there is a problem. But we also have another problem to contend with, the signs of this dilemma are often harder to spot, more difficult to discern. It frequently is not obvious to others until it has progressed far down the road and has actually done harm. So, I am beginning a sidebar discussion that might last a few weeks thinking about our spiritual senses, how we use them, and how we grow and protect them.

I. What are spiritual senses?

a. Mind - intake and consideration

Matthew 13.16

(eyes and ears)

b. Heart - affection for and savoring of the truth –

Psalm 34.8

(taste and see)

c. Soul - that part of us which is truly connected to and bound in heaven, it is that which is actually US...

Psalm 63.1

(my soul thirsts for you...)

d. Discernment –

i. application of those parts which are not so readily connected. For instance the

connection between forgiveness and fear

Psalm 130.3-6

1Kings 8.39-40

Jeremiah 33.8-9

- ii. Seeing other connections and indications that are under the surface, the "smell test"
- iii. Understanding the motives and heart of the issues and those who are involved

II. Why Do we train our senses

a. Maturity

Ephesians 4.11-16

- i. Pleasing to God
- ii. Honoring to Christ
- iii. Helpful to the body

b. Stability - (Ephesians 4.13-14)

i. Confidence

1John 2.28-29

ii. Patience

James 1.2-7

iii. Hope

Hebrews 6.16-20

Romans 8.18-25

iv. Steadfastness

Colossians 1.19-23

c. Protection

i. From Satan

2Timothy 2.24-26

ii. From the world

Psalm 140.4-5

iii. From the difficulties that we all face

1Peter 5.6-7

d. Rooted in Grace

i. Sweetness of God manifested in the
mundane reality of life -

ii. Hope bearing fruit in character –

Romans 5.1-5

iii. Christ being formed in us

Romans 8.28-30

iv. God being vindicated in our lives –

Romans 3.23-26

Ephesians 3.8-12

III. What is the goal of Training our Senses?

a. To discern good

b. To discern evil

c. Safety from the wrath of God. Ultimately, those who swallow the deception of the world will find that they will be judged with the world. But take heart, God does not allow His children to be finally deceived.