

**Devotional from Pastor Ho**  
**November 12, 2020**

**Hebrews 5:14**, *“But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.”*

Who are considered mature? It depends on whom we ask. It is said that every discipline has its masters. Perhaps the mature are those who have received recognitions in their areas of expertise, such as the Nobel Prizes, or those whose works have been published by the authoritative journals in their discipline, or in today’s parlance, those who have a multitude of following in the social media.

Nevertheless, it is also widely recognized that those who are mature in one area are not necessarily mature in others, that is, we cannot expect a Nobel Laureates for physics to be mature in terms of interpersonal relationships. Along the same vein, those who are considered mature are not necessarily advanced in age. Also, they say one is never mature in the eyes of one’s parents, no matter how old one is.

“The mature” for the author of Hebrews are those who have gained the powers of discernment to distinguish good from evil. This is required of all believers, as he exhorts “us” to go on to maturity in the next verse (6:1). The ability to discern the good from the evil begins with good theology, which leads to good, that is, godly living, because good doctrines provide the right lenses through which we view our world.

The author provides two characteristics of the mature: they feed on solid food and are trained by constant practice. “Solid food” is contrasted with “milk” (the basic principles of the word of God) for infants who are “unskilled in the word of righteousness” (5:12-13). The expectation is apparently for us to be weaned from milk so as to take in what is beyond “the elementary doctrine of Christ” (6:1). This intake of solid food has to be coupled with constant “training” (translated from the Greek word which gives us the English word “gym”). This training is for young and old alike, at home and in church, and necessarily involves errors, “until we all attain...to mature manhood, to the measure of the stature of the fullness of Christ, so that we may no longer be children...” (Eph 4:13-14). During this endeavor, the Spirit himself is our Guide and Teacher.

**Prayer:** Holy Spirit, would you help us as we take in the “solid food” of the word you inspired, so that we might grow beyond infancy? Amen.

## 何牧師的靈修

2020年11月12日

希伯來書 5 篇 14 節：“惟獨長大成人的才能吃乾糧；他們的心竅習練得通達，就能分辨好歹了。”

哪些人被認為是成熟的人呢？這取決於我們問誰。都說行行出狀元。也許成熟的人是那些在其專業領域得到認可的人，例如諾貝爾獎，或者是那些在其學科中的作品已經被權威雜誌出版的，或者以今天的說法，是那些在社交媒體中擁有眾多粉絲在追隨著的人。

儘管如此，在一個領域中被認為成熟的人不一定在另一個領域中成熟，也就是說，我們不能指望諾貝爾物理學獎獲得者在人際關係方面也成熟。同樣，那些被認為是成熟的人不一定是年紀大的。而且，都說在父母的眼中，一個人永遠不會長大的，無論他多大了。

被希伯來書作者認為“成人”的是那些心竅習練得通達，能分辨好歹了的人。這是對所有信徒的要求，因為他在下一節 (6:1) 勸誡“我們”進入成熟的地步。能分辨好歹的能力始於好神學，好神學導致良好，即敬虔的生活，因為好神學教義提供正確的鏡片，使我們透過它看我們的世界。

作者提供了成熟的人的兩個特徵：他們吃乾糧與他們習練。“乾糧”與“不熟練仁義的道理”的嬰孩所吃的“奶”（神的話的基本原理）形成對比 (5:12-13)。所期望是我們能斷奶以“離開基督道理的開端” (6:1)。吃乾糧必須伴隨著不斷的“習練”（其希臘文是英文單詞“gym”[健身房]的來源）。此鍛煉是老和少皆宜，在家或在教會，也必然涉及錯誤，“直等到我們眾人...得以長大成人，滿有基督長成的身量，使我們不再作小孩子...” (以弗所書 4:13-14)。在這一段過程中，聖靈本身作我們的指導者和老師。

禱告：聖靈，當我們領受你所啟示的“乾糧”話語時，請你幫助我們，使我們可以成長邁出嬰兒期。阿門。

# 何牧师的灵修

2020年11月12日

希伯来书 5 篇 14 节：“惟独长大成人的才能吃干粮；他们的心窍习练得通达，就能分辨好歹了。”

哪些人被认为是成熟的人呢？这取决于我们问谁。都说行行出状元。也许成熟的人是那些在其专业领域得到认可的人，例如诺贝尔奖，或者是那些在其学科中的作品已经被权威杂志出版的，或者以今天的说法，是那些在社交媒体中拥有众多粉丝在追随着的人。

尽管如此，在一个领域中被认为成熟的人不一定在另一个领域中成熟，也就是说，我们不能指望诺贝尔物理学奖获得者在人际关系方面也成熟。同样，那些被认为是成熟的人不一定是年纪大的。而且，都说在父母的眼中，一个人永远不会长大的，无论他多大了。

被希伯来书作者认为“成人”的是那些心窍习练得通达，能分辨好歹了的人。这是对所有信徒的要求，因为他在下一节 (6:1) 劝诫“我们”进入成熟的地步。能分辨好歹的能力始于好神学，好神学导致良好，即敬虔的生活，因为好神学教义提供正确的镜片，使我们透过它看我们的世界。

作者提供了成熟的人的两个特征：他们吃干粮与他们习练。“干粮”与“不熟练仁义的道理”的婴孩所吃的“奶”（神的话的基本原理）形成对比 (5:12-13)。所期望是我们能断奶以“离开基督道理的开端” (6:1)。吃干粮必须伴随着不断的“习练”（其希腊文是英文单词“gym” [健身房] 的来源）。此锻炼是老和少皆宜，在家或在教会，也必然涉及错误，“直等到我们众人...得以长大成人，满有基督长成的身量，使我们不再作小孩子...” (以弗所书 4:13-14)。在这一段过程中，圣灵本身作我们的指导者和老师。

祷告：圣灵，当我们领受你所启示的“干粮”话语时，请你帮助我们，使我们可以成长迈出婴儿期。阿门。