

MilktoMeat 3.0 Introduction

Why MilktoMeat?

We believe that people are deeply transformed when they experience or taste the love of Father-God in the goodness and grace of Christ through the presence and power of the Holy Spirit. However, many times after making an initial response to Father-God's grace, new-born and hungry Christians are not given the proper **diet** and **exercise** necessary for healthy spiritual growth. Others are taught many of the "facts" of the Faith, but do not know how to integrate their faith into their daily lives. We want to help build up the Body of Christ by making available curriculum, tools and resources that will assist the process of all growing to maturity in Christ (Colossians 1:28). We want to help followers of Christ to *make their journey worthy of their destination*.

What is MilktoMeat?

MilktoMeat is a roadmap designed to show you The Way of True Life that Father-God provides for us in Jesus Christ through the power of The Holy Spirit. It is designed to provide the proper *diet* and *exercise* a hungry and willing student needs in order to grow spiritually healthy so that he or she is also equipped to teach others the fundamentals of The Faith.

MilktoMeat is the title that we have given to our larger curriculum for spiritual formation and discipleship. In the Bible, "**milk**" is used in a couple of passages to refer to the *diet* of a "spiritual babe" or "child"—someone who is new to the teachings of Christ and who is not ready for "**meat**" or solid food. "Meat" or "solid food" is a reference to teaching that mature followers of Christ can digest for greater spiritual nourishment. This curriculum is designed to begin with the basic, core, fundamental teachings of the Christian Faith (the "milk") and then move to the deeper, more difficult teachings (the "meat"). Take a look at the following table:

From the Milk of the Word....

The "milk" of the Word is the basic and foundational teaching which is **easy to accept, easy to "chew" and easy to digest.**

We must all start with these basic nutritional truths, as a baby needs its mother's milk. However, these alone cannot sustain us and nourish us to maturity.

to the Meat of the Word

The "meat" of the Word is that teaching which is **harder to accept, difficult to "chew" and takes a longer time to digest.**

Although these truths are harder to process, they ultimately provide more power, joy and satisfaction than "milk" alone.

What are Core Principles of MilktoMeat?

We develop MilktoMeat around three core principles: 1) **Bible Based**—the whole study is built on the Written Word of God, 2) **Christ Focused**—the study keeps the focus on Christ as Creator, Savior and King, 3) **Trinitarian Structure**—they study seeks to present a clear picture of "*The Love of Father-God working In the Grace of Christ through*

the Presence and Power of the Holy Spirit.” This one sentence is the “theme” of this whole curriculum. Finally, we believe that this curriculum, coupled with life-on-life connection with others in Christ can be **Life Transformational**.

Working Outline of MilktoMeat 2.0

The outline for MilktoMeat is developed around the Lord Jesus’ statement “I am The Way, The Truth, The Life...” (John 14:6). Each of the three phases of this study are outlined below.

In each phase we emphasize a core “exercise” that is essential for spiritual health: Hearing and Seeing, Praying, and Serving.

The MilktoMeat Map		
Phase 1 Discovering The Way	1. <i>Recovering The Master Story</i>	Aware
	2. <i>Enlightened By The Gospel</i>	Alive
Phase 2 Walking In The Truth	3. <i>Realizing Your New Identity in Christ</i>	Awake
	4. <i>Rooted and Growing in Christ</i>	Free
Phase 3 Living The Life	5. <i>Empowered In The Spirit</i>	Faithful
	6. <i>Serving as the Body of Christ</i>	Fruitful

Phase 1: Discovering The Way

In this first phase, our goal is *to build a frame of reference* for life by recovering The Master Story of the Bible. This Master Story sets the context for understanding The Gospel—the Good News about Jesus and The Kingdom which enlightens our lives. We focus on the three core life questions: 1) *Where have we come from?* 2) *Why are we here?* And 3) *How will our lives turn out?* We then turn to explore the major Gospel Questions: 1) Why Did God Create Us? 2) What Went Wrong? 3) What Did God Do? 4) What is God Doing? 5) What will God Do? and 6) How Should We Respond? Our Father-God working in Christ through The Spirit has provided answers to these questions that give us the one thing that we need more than anything else: **HOPE**. This phase is divided into two seven-session workbooks: *Recovering the Master Story* and *Enlightened by the Gospel*

Core Exercise To Cultivate: **Hearing** The Word and **Seeing** Christ’s Glory
Learning to Receive from the Written and Living Word of God

Phase 2: Walking in The Truth

In our second phase, we explore what it means to trust and follow Jesus ALONE as our only Savior. We focus on our **new identity** and **position** in Christ and how this

new reality fulfills our need for 1) *Security*, 2) *Significance* and 3) *Fulfillment* as people created in the image and likeness of God. We also explore issues related to The Great Spiritual War in which we find ourselves—broken and wounded by sin, but now being transformed to be like Christ Jesus. Our lives are journeys of FAITH; we are all **trusting** in someone to show us The Way. This phase is divided into two seven-session workbooks: *Realizing Your New Identity in Christ* and *Rooted and Growing in Christ*

Core Exercise To Cultivate: Prayer

Learning to Respond in a *conversational relationship* with God

Phase 3: Living the Life

In our final phase, we consider what it means to be a life-long disciple/student/apprentice of Jesus. We focus on the significant role everyone “in Christ” has. “In Christ” we are each gifted and empowered to serve *as* the Body of Christ (The Church) *in* the World where Jesus is leading His mission to seek and save those who are spiritually lost, dead, and enslaved in the Dominion of Darkness. God is love. As we come to know Jesus Christ truly, following Him wherever He may lead, we too become people characterized by His self-sacrificial **LOVE**. This phase is divided into two seven-session studies: *Empowered by The Presence of the Spirit* and *Serving as The Body of Christ*.

Core Exercise To Cultivate: Service

Learning to pour our lives out for others the way Christ has poured His life out for us.

Phase 4: The Next Steps

At this point we hope that all of our students will be better equipped to be servant-leaders in each of their local churches. We also hope continue to assist in their growth by 1) integrating our students into our ministry as Prayer-Mentors, 2) direct them to other ministries for further training and equipping, or 3) engage them in our “continuing education” courses of Bibles studies and classes. *Our primary prayer and hope is that at the end of this MilktoMeat study our students will be encouraged and willing to follow the Lord wherever He may lead them.*

The Stages of Growth

On the next page you will find a chart that gives an overview of key growth stages that we have found helpful in seeing the “big picture” of growing in maturity.

The Four Stage Journey of Spiritual Growth

