

## The Milk

### Help! (cover letter)

Ever told a believer that the Bible is God's instruction manual for life? Me too! And now it makes me laugh a bit because hey, it's one thick instruction manual. I wonder if someone I told laughed a bit too when they realized it's a 66 book effort, they may have moaned in astonishment, "Where do I start?"

We often tell interested or new believers to start in John. Or we attempt to introduce them to the history of the Bible and the life's of its writers. We may even feel the need to explore the deity of Christ or the nature of God with them, and we do all this in an honest effort to bring them to a better knowledge and thus experience of knowing Christ as more than a believer, but rather as a follower.

What if we are doing it wrong? Oh, I know that some become serious followers, but what about those that do not? Is it their fault or ours? And since "God causes the growth" even as we plant and water, can we claim victory with the ones that do? Did they grow in spite of our best intention and efforts?

Right now I'm sitting in a coffee shop across from a couple of Web-App developers, one expert and one trainee. The trainee just had a breakthrough in his understanding and application of their effort. It came after the expert offered practical guidance. The scene encourages my feelings that helping believers become better disciples in Christ is possible, and yes we are all called to help our brothers. But how?

Bring them to The Milk—Hebrews 6:1-3. It's basically a categorization of the teachings of our Savior. As a whole it frames the mind and spirit of the child of God to walk within His framework or foundation. Once they drink this, they can go on to the greater call.

- 1) repentance from dead works
- 2) faith toward God
- 3) the doctrine of baptisms
- 4) laying on of hands
- 5) resurrection of the dead
- 6) eternal judgment.

I imagine you are familiar with this list. But imagine skipping the initial six steps on any complicated assembly. Failure or at least frustration is inevitable. Hebrews 6:1-3 is not just a list, it's His list, for us.

Some of you teach this, and I hope well enough that your flock can pass the test. Some of you do not, and I hope you will, or at least please consider my understanding of it. Please review my logic by prayerfully considering the next 5 pages and Bible verses. Then let me know your thoughts, your plans, and how I might help you proceed to provide your flock with The Milk they urgently need.

Sincerely in Christ,

David James Henderson

## **The Milk Does A Body Good!**

### **Background**

I am a Christian author and rookie speaker, focused on three subjects. This is my task for as long as I have, I'm 60. When presenting one of my books, *The Milky Way*, it stimulates a potential reader's spiritual curiosity if I divulge what I think The Milk is, and why I believe it's so valuable. I offer all the details after showing they have likely missed out on drinking six subjects—The Milk, Hebrews 6:1-3.

Such, this is another way to press that subject, but here for the specific evaluation of leaders like you. I need your opinion, please. Without your input, I run the risk of chasing the wind, or worse, taking some believers with me.

In my opinion, The Milk is a good opportunity for you to further bless the flock under your leadership. I thank you for the hard work you do, and for answering His call to shepherd and specifically “feed My lambs” John 21:17-19. I pray that as you consider this moderate exposition, you will hear His call to revive a serious teaching of The Milk, or let me know how far I'm off track.

This is not one of those unhappy sheep notes about how church has dissatisfied, nor is it demanding a personal revelation be adopted. But if my understanding is Biblical, you'll want to open a carton of The Milk, or pour more of it into your care of His children. Please lend me your thoughts, whatever they are. Our dialogue may lead to mutual goals.

### **My Encounter**

Receiving The Milk follows the pattern of a baby nursing. I first drank The Milk 40 years ago, yet possibly every day since I am reminded of, or guided by, or simply recite those six principle doctrines of Christ, so I might be a doer, hopefully building only on Him. The Milk is not just a list. It's His word which helps us grow, providing us with spiritual stability. Just what a babe needs—nutrition and care.

I met with an experienced teacher for 2 years, 5 days a week, 1 to 1-1/2 hours per meeting, learning—drinking only The Milk. I'm not trying to brag, I'm grateful. I learned to listen and trust The Holy Spirit guide me, answer my questions, and provide comfort. I was exposed to a tremendous amount of the word. This period in my spiritual walk has forever framed my perception of living for Christ.

Further, I would not trade the experience for any alternative. Because, while I am not the pinnacle of Christian living, I have seemed to escape a sea of religious nonsense. When I hear ideas presented, I try diligently to trace them back to The Milk, and if successful, embrace them. But if the ideas can't fit up with the foundation, they won't even make it to my shelf, they are pushed off the edge into oblivion.

Landing late in life on the role of an author, I now offer *The Milky Way* as an organic and limited introduction to The Milk—at least my take on it. My hope is that you lead your flock into a fresh or deeper understanding, because of the benefits of it. And while my book is not essential, I believe The Milk is essential to develop spiritually as God intended. He defined the elements of it for specific purposes of which I'm sure I know only a portion. You can reveal much more.

## Efforts

My informal survey of not recent believers indicates that 90% have not drank it, because they can't merely list the six basic teachings of Christ—The Milk, Hebrews 6:1-3. Thus, they are at risk of swallowing error, and are likely stunted in growth. I want to help them. I'm not saying they are unsaved, but if I told you that my simple survey indicates 90% of believers could not explain the basics of the gospel, would you be concerned for them? Of course you would. And so, I give this friendly little test about The Milk whenever I can. I ask only one question, and then provide hints if they fail.

“Can you list the six principles of the doctrine of Christ?”

I tell them doctrine means teaching, principles means basic ideas or categories. I tell them the six principles are synonymous with “the oracles of God”, and “milk”, Hebrews 5:12-13. I tell them the six basic teachings of Christ are listed in Hebrews 6:1-3, practically bulleted. Sometimes, we read those verses. The whole exercise tells me, and them, if they've drank The Milk. If they have, I ask them to help others. If not, I suggest *The Milky Way* as an introduction. I base my action on 2 Corinthians 13:5a.

“Examine yourselves, whether ye be in the faith; prove your own selves.”

They seem to emerge from the exchange enlightened and encouraged because I explain how to get The Milk, and it's benefits. Sometimes this leads to an online friendship and fellowship. I text them things like “Have you drank your milk today?” or “Do you have a milk mustache?” I try to keep it fun.

## Q: Is The Milk Biblical Or Not?

**Isaiah 28:1-13** (Dear leader, please read from your favorite version.)

Prophetically, Ephraim *might* be a picture of the modern church, with some of the folks in spiritual trouble. The key for me is, those who can receive the truths that lead to rest are those who have been “weaned from the milk, *and* drawn from the breasts” v9. I then contrast that with those who hear the truths, but with no mention of being “weaned from the milk, *and* drawn from the breasts”, and their sad result is “that they might go, and fall backward, and be broken, and snared, and taken” v13.

After we are born, the first order of business is plenty of milk. Without milk, one can not become ready for anything, including precepts, lines, and step-by-step learning. Since a birth is inferred, we know it must occur before the milk is tasted, so prophetically the new-birth is inferred. This helps me perceive two groups, those born again, v9, and possibly those not, v13, but certainly those without the milk.

A progression is in play, and for best results it is necessary we follow. Our first step is getting milk—The Milk. I take the text to prophetically mean believers must spiritually and seriously drink The Milk like babes, *before* we can go on to spiritual maturity, or receive “precept upon precept; line upon line”.

I know this first supporting section may present significant questions, and there is scant commentary parallels, if you like that sort of thing. I used the Lexicon for a few key word alternates, you might look into that also, later. Not off to a strong start, but please hear me out, then return to this section. Ahead, it gets better—more clear.

## **Matthew 18:1-7**

He doesn't immediately answer their question, but goes right to the deeper issue of who is even allowed into the kingdom—*infants*. The Greek word for child used here is of a circumcised infant and thus His demonstration brings to my mind those who have been recently circumcised of heart—believers. We all find ourselves in the same situation of needing much spiritual care, and obviously ... milk.

He sternly warns not to introduce stumbling blocks onto the way of their growth. Would refusing to feed them The Milk be a stumbling block? I think so, and I'm not pointing a bony finger at anyone. But, all believers enter the kingdom as babes, and all need The Milk to properly grow.

## **1 Corinthians 3:1-4**

Paul validates a *progression* exists, he writes that milk is required for growth before chewing any meat. Does he hesitate to feed meat to babes because he knows they will choke on it? Why does he not explain to the reader what exactly he means by "milk"? Is it common knowledge? How are we to know the formula of it? I don't think Paul is generalizing, i.e., milk is the easy stuff, or the gospel.

Even after feeding them milk, not all of them truly received enough to become "able" for meat, as indicated by their dividing of Christ through equating Him with mere men, who they elevated to icons, which sadly reminds me of some today that have captivated large followings of His flock. I feel some believers have not drank enough of the milk, so as to only follow Christ.

As an aside, verses 5-23 become a good teaching for real unity, found only under the headship of Christ. The teaching of The Milk might be the best and only avenue to any real unity.

Back to Paul. He completes the picture of growth by transitioning to a picture of a foundation, and taking care about what is built upon it. Peter likewise transitions from milk to a spiritual house, 1 Peter 2:4-10. Why? Could it be they have the same revelation?

## **1 Peter 2:1-3**

Peter strongly directs any recent believer to drink milk, which he also does not specifically detail. Again, why not? Does he know it is common and obvious to all? I believe so.

He warns us to stop some things, rather repent from them, so we might come to receive the milk in fresh innocence like a babe. Peter tells us that this pure spiritual milk will accomplish exactly what natural milk provides for babies—*growth*. Milk seems the natural thing to drink if one is born anew.

Milk is vital to babes. And we can look to nature for patterns that might further instruct us about this spiritual milk, more on that later. But so far we have a prophet, our Savior, the apostle to the gentiles, and now the apostle to the Jews pointing Father's children toward The Milk!

Are we listening? If nine out of ten believers can not list or explain the six basic doctrines of Christ, then no, we as a whole body are not listening.

## Hebrews 5:11 - 6:3

Paul or whomever wrote Hebrews lends strong agreement with points above, and finally *specifies* for us the exact formula of The Milk. Is the fact that it is listed for us important? Does Father love His children? Why would we choose any other formula to nurture growth and establish a foundation?

The ingredients of The Milk are unmistakable: 1) repentance from dead works, 2) faith toward God, 3) the doctrine of baptisms, 4) laying on of hands, 5) resurrection of the dead, and 6) eternal judgment. This is The Milk—the six principles of the doctrine of Christ. Add nothing, remove nothing. Some of you may teach these, so give your flock the test. Has His foundation been adequately emphasized?

“For other foundation can no man lay than that is laid, which is Jesus Christ.” 1 Corinthians 3:11

In telling us to go on, the writer is not at all telling us to ignore, forget, drop, or de-emphasize The Milk. Rather the opposites are true. The Milk is fundamental, crucial for babes, for growth, and necessary to discipleship. It also seems older believers can become forgetful of the principles of the faith, but can drink The Milk again “if God permit”.

The verses following (6:4-8) forebode what a poor choice it is to reject, deny, or diminish The Milk. The end of that road is fire. Yet he hopes for better ends concerning the reader (v9), as I do of every believer I meet who has not drunk The Milk. All I can do is give them a copy of *The Milky Way*. But you, you can do so much more. You can make The Milk integral to your ministry.

## Spiritual Biology

Since The Milk is *likened* to natural patterns of normal life designed by Father, we can readily surmise and potentially learn some important truths from the entire process of nursing.

It’s slow, and we must become like babies. Babies don’t take a sip or three and start sprinting, they drink, drink, drink, and start napping. We can find rest in Him as we fill up to the rim with The Milk. Examples like this go on and on, each bit of the natural process relates directly to a spiritual process Father designed us to receive. It makes for some good preaching. It more so makes for better disciples.

What’s in the nursing process and milk? Many good things. I’ll just list four for your consideration and hopefully you’ll receive more revelation as you look into it.

- Growth hormones = spiritual growth potential
- Antibodies = truth that extinguishes error
- Vitamins and minerals = working systems of active theology
- Tender human bonding = deep sensitive relationship with The Holy Spirit

These are only a few elements of milk = The Milk.

There is much more, but the believer won’t get any of the benefit without The Milk, all of it. Still want to change the formula? Let’s give pieces of it to them as is convenient to us, say some, not you I hope. Just imagine providing a baby with a man-made formula that lacks some components vital to health or growth which they need at a particular time. Sound like a stumbling block?

## **A Story**

Let your mind wander back to a scene before space and time when Father was simply thinking about creating anything with a free moral agent, like angels and us. Because of His omniscience, He saw how it would all play out, the fall of Satan, man, sin, death, history, war, greed, Hitler, abortion, ...! Then why oh why did He do it—start creating anything? Because He also saw you and me, people who would repent, believe Him, and love Him, and want to be with Him. He saw your flock. So He did it for us, His children, and now we look into the mirror and know why evil is allowed. Makes me understand how much He loves us.

But when He foresaw us—believers in the Savior He would send, He knew we would *need* something, The Milk, to help us grow, initially sustain us in this world, and protect us from much of the evil around us. Thus, The Milk is “the oracles of God” that Hebrews 5:12 mentions. He sent it to us through Christ, and listed them for us in Hebrews 6:1-3. He’s trying to help us survive and thrive.

## **What Now?**

In offering *The Milky Way*, I seek to increase the percentage of believers who drink and benefit from The Milk. So, I write and speak about this and two other subjects. Can you help? Yes you can, but only if you believe The Milk is vital to His children. What say you?

If you do, I believe Heaven will applaud. I hope this brief will improve your plan to feed His lambs.

I dare you to give them the test.

Drink The Milk! Help me get others to drink it also.

Sincerely in Christ,  
David Henderson

[www.DavidJamesHenderson.com](http://www.DavidJamesHenderson.com)