



The Harness Weekly Devotional

Week Thirteen

Bible Verse of the Week: Hebrews 5:14

¹⁴But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

Monday -

Moving Beyond the Milk:

"But solid food belongs..." Maturity begins with a change in diet.

Just as a growing child cannot survive on milk forever, a believer must move beyond basic doctrines to deeper theological truths.

Today, evaluate your spiritual intake. Are you seeking the "solid food" of deep scripture study, or are you still relying on others to spoon-feed you the basics?

Tuesday -

The Goal of Spiritual Adulthood:

"...to those who are of full age..." Full age refers to being complete or reaching a target.

Spiritual maturity isn't about how many years you've been in church; it's about reaching the functional stage of a "grown-up" in Christ.

God's goal for you is not just salvation, but transformation into a stable, reliable adult in the faith.

Wednesday - The Power of Consistency:

"...that is, those who by reason of use..." Spiritual growth is not accidental; it happens "by reason of use." This implies habit, practice, and repetition.

You cannot gain spiritual muscles by reading a fitness book; you gain them by lifting the weights of obedience and prayer daily.

Maturity is the result of consistent, small choices.

Thursday -

Training Your Spiritual Senses:

"...have their senses exercised. Your spiritual "senses"—your conscience, your intuition, and your heart—must be trained through trial and error.

God uses the challenges of your daily life as a gym to strengthen your soul.

Friday -

The Art of Discernment:

"...to discern..." Discernment is the ability to see things as they truly are, not just as they appear.

As you grow, God sharpens your "spiritual eyes" to see through deceptions and distractions.

Discernment is a protective gift that keeps you on the right path when the world offers confusing directions.

Saturday -

Defining Good and Evil:

"...both good and evil." The ultimate mark of maturity is the ability to distinguish between what aligns with God's character (good) and what opposes it (evil).

In a world of "gray areas," the mature believer relies on the Word of God as the absolute standard.

Maturity means choosing the "good" even when the "evil" looks easier or more attractive.