



## MILK AND MEAT ACTIVITY SUPPLEMENT GROW UP // WEEK 4

### Spiritual Milk



- Others pray for you, but you don't pray by yourself.
- Obey when someone reminds you to.
- Learn from the Bible only when someone reads to you.
- Others teach you, but you don't learn by yourself.
- Give a tithe of your money to God.
- Only worship God at church.
- Go to church to learn from others.

### Spiritual Meat



- Pray for yourself and for other people.
- Obey before someone needs to remind you.
- Learn from the Bible by reading or listening to it yourself.
- Teach God's truth from the Bible to others.
- Give more than a tithe of your money to God, church, and people in need.
- Worship God anywhere and anytime.
- Go to church to learn, teach, and serve.