



The *chelev* (milk) of the Word is for new believers enjoined by the apostle Paul to desire the Milk truths, yet not remain therein, but grow to beyond the milk maturity.

*“As newborn babes, desire the sincere milk<sup>1</sup> of the word, that ye may grow thereby.”* **1 Peter 2:2**

To “desire” is not a passive wish; in Greek, *epipothēō* conveys an intense, insatiable craving, like a nursing infant whose entire survival depends on nourishment. If new believers are to grow we must desire the milk word of truth, like babes crave milk.

The milk is the basic elemental truth teachings of Christianity first learned by new believers. The purpose of the milk is not merely intellectual accumulation, but the purpose is *growth auxanō*.

In the natural order, an infant who does not grow is a cause for grave concern. As we consume the "milk word," our minds are renewed, moving us from the *milk* truths needed for salvation and foundational life toward the *meat* required for the work of the Kingdom. Therefore, as a babe feeds frequently, so must the believer.

Then what exactly is the "*milk of the Word*"?

When we search Torah, we discover there are six foundational truths, or teachings, found in Hebrews chapter 6 and seconded elsewhere.

Here are the six basic foundational ‘*milk*’ truths listed in **Hebrews 6:1** and elsewhere:

1. "**Repentance** from dead [ ritual or religious] acts" **Heb 6:1** – “Unless you repent, you will all likewise perish.” **Luke 13:3**
2. "**Faith in God**" **Hebrews: 6:1** – “Without faith it is impossible to please God.” **Heb 11:6**
3. "**Meaning and purpose of Baptism**" **Heb 6:2** – “We were buried with Him by baptism into death... to walk in newness of life. **Romans 6:4**
4. "**Of the laying on of Hands**" **Heb 6:2** – "the Apostles laid hands for the Holy Spirit." **Acts 8:17**
5. "**The Resurrection of the dead**" **Heb 6:2** and –“the dead in Christ will rise first.” **1 Thessalonians 4:16**
6. "**Eternal Judgment** " **Hebrews 6:1** – “These will go away into eternal punishment, but the righteous into eternal life.” **2 Matthew 25:46**

---

<sup>1</sup> "*Milk*" in the Greek *gala*, Strong's Concordance #G1051 means the basic, elemental teachings of true Christianity first learned by new believers.