**5 11** About this we have much to say, and it is hard to explain,
 since you have become dull of hearing.
 **12** For though by this time you ought to be teachers,
 you need someone to teach you again the basic principles of the oracles of God.
 You need milk, not solid food,
 **13** for everyone who lives on milk is unskilled in the word of righteousness,
 since he is a child.
 **14** But solid food is for the mature, [*telios*]
 for those who have their powers of discernment trained [*gymnázō*]
 by constant practice
 to distinguish good from evil.

**6** Therefore
 let us leave the elementary doctrine [*logon*] of Christ and go on to maturity, [*telios*]
 not laying again a foundation
 1 ~ of repentance from dead works and
 2 ~ of faith toward God, **2** and of instruction about
 3 ~ washings, [*baptismon*]
 4 ~ the laying on of hands,
 5 ~ the resurrection of the dead, and
 6 ~ eternal judgment.
 **3** And this we will do if God permits.