

Sermon Notes

Big Idea: Are you ready for 2025? What changes are you hoping to see in your life? So much of what we do at Manna Church is designed to *equip you to change your world*. Healthy change takes place from the inside out, and all real change starts with Jesus. As we start this new year, let's make sure we're equipped in the things that matter most.

Equipping God's people to change their world.

Matthew 4:17 (ESV)

Repent:

metanoia in Greek: change your mind
shuv in Hebrew: turn around

Repentance: Both starts and helps sustain your relationship with God.

Matthew 3:8 (ESV)

James 4:6 (ESV)

Titus 2:11-14 (ESV)

Three Steps to Healthy Repentance:

Psalms 139:23-24 (NLT)

- 1) Request God's probing.
- 2) Recognize your sin.
- 3) Return to God's best.

Psalms 51:1-18 (ESV)

Spiritual maturity is simply repenting quicker than you used to.

Luke 15:17-24 (ESV)

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) When you read/hear the phrase, *Equipping God's people to change their world*, what comes to mind?
- 3) Read Matthew 3:8. What has your experience been with *repentance* in the past? Who taught you how to repent? When did you discover the healthy aspects of repentance?
- 4) Read Psalm 139:23-24. Of the three steps to healthy repentance, which one is most natural for you? Which is most difficult? Explain.
- 5) Read Psalm 51. Do you agree that spiritual maturity can be measure by how long it takes for you to repent? Would you say that you are maturing spiritually in this regard? Explain. Consider meditating on this Psalm all week.