

**Sermon Series:** Building a Healthy Life

**Sermon Title:** Equip

**Date and Speaker:** 3 March 2024 Lynn Swart

**Content:**

**Key Verses:**

- Ephesians 2:10 - "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in beforehand that we should walk in them."
- Hebrews 12:20-21 - "Now may the God of peace... Equip you with everything good for doing His will and may He work in us what is pleasing to Him, through Christ Jesus our Lord".

**Key Points with Explanation:**

1. **Definition of Equip:** Equip means to supply with the necessary items for a particular purpose, prepare for a particular situation or task, and furnish for service or action by appropriate provision.
2. **Spiritual Equipping:** Just as we invest in physical health, education, and professional development, we must also invest in our spiritual growth. How are we equipping ourselves spiritually?
3. **Methods of Spiritual Equipping:**
  - Reading the Word of God
  - Prayer - Listening first, then praying.
  - Journaling - Reflecting on thoughts and scriptures that resonate with us.

**Discussion Points or Questions:**

1. How do you currently prioritize your spiritual growth in comparison to other aspects of your life?
2. Share a personal experience of how spiritual equipping has impacted your life positively.
3. In what ways can we encourage each other to prioritize spiritual growth in our daily lives?

**Conclusion:** In our journey of building a healthy life, spiritual equipping is crucial. Just as physical exercise strengthens our bodies, spiritual disciplines strengthen our souls. Let's strive to grow spiritually and bear the fruit of the Spirit in our lives.

**Practical Exercise:**

Commit to a daily spiritual discipline such as reading the Bible, prayer, or journaling, and share your experiences with the group.

**Application:**

Ask your group members to share examples of how they plan to implement spiritual equipping in their daily routines.

**Prayer and Encouragement:**

Close the discussion with a prayer for each member to be strengthened in their spiritual journey and encouraged to prioritize their relationship with God.

Let's engage in fruitful discussions and support each other as we seek to equip ourselves spiritually for the journey ahead.