

**Trip of a Lifetime**

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**Psalm 1:1-3** Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers but whose delight is in the law of the LORD and who meditates on his law day and night.

That person is like a tree planted by streams of water which yields its fruit in season and whose leaf does not wither — whatever they do prospers.

## Big Idea

A life surrendered to Jesus **REFLECTS** God's majesty for the world to see. (Matt 5:15)

### Tree Analogy

- |  |                     |
|--|---------------------|
| 1. Healthy Trees are _____ by nature.              | – Psalm 1:3         |
| 2. Healthy Trees provides _____ from the elements. | – Psalm 17:8 57:1   |
| 3. Healthy Trees _____ sweet and nourishing fruit. | – Galatians 5:22-23 |
| 4. Healthy Trees _____. (prosper)                  | – Psalm 1:3         |

### You were created in the image of God.

- Genesis 1:26                      – Genesis 2:6

### Your spiritual **HEALTH** requires:

1. ...fellowship with \_\_\_\_\_. (Born Again)
2. ...fellowship with the \_\_\_\_\_.
3. fellowship with the \_\_\_\_\_.

### Personal Application for Growth

- |   |                              |
|---|------------------------------|
| 1. Holy Spirit is _____ to bless you.     | – Psalm 57:1-2               |
|   |                              |
| 2. What is _____ me from receiving?<br>38 | – Matt 11:28-30 – John 3:37- |
|   |                              |
| 3. You were created to _____.             | – 3 John 2 – Nehemiah 8:10   |

## Discuss and Apply

Use the following questions to help you formulate age-appropriate questions to stimulate meaningful conversations. Please share your ideas and experiences with us at [connect@manna.church](mailto:connect@manna.church).

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1. Read and reflect on Psalm 1: 1-3. What benefits do you see listed in the passage?
  2. What life habits or routines must one adopt to see the promised transformation take place in one's life?
  3. How does God use our transformation to communicate to those around us?
  4. What do you feel is **STANDING** in the way, preventing you from growing in God? Are you willing to make the necessary changes to achieve the desired growth?
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## Prayer

Heavenly Father, let your kingdom come and let it be manifest in greater measure in me, that I might love you more and be a more effective disciple. If I have placed a limit on what you can do or have an area in my life untouched by your hand, I ask you to remove the limit and put light on untouched areas. Above all, Lord, thank you for your hand upon me and my sisters and brothers. Lead us, Lord, because you are the way, the truth, and the life.

Amen

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## At Manna Church ...

... we are focused on growing as healthy, effective followers of Jesus Christ and becoming the person God has called us to be. Whether you've been walking with God for years or are taking your first steps in knowing Him, this experience is for you.

We'll discuss Manna's three values (FirstStep), our mission to advance the kingdom of God (NextStep), and our 12 operational principles + life-giving small groups (LeaderStep).

The atmosphere is casual, with a facilitator-led discussion. Groups meet at convenient times on Sundays and during the week. Your journey to Changing the World begins here.