1. **EQUIP – 1**

May the people raise you, O God. Then the earth will yield its harvests.

1. Where We Were

A discipleship journey which begins with the state of man’s soul and the wonderful grace of God.

**MEETING EXPECTATIONS**:

1. Respect each other’s privacy

(do not ask for contact number, no business transactions)

2. Honor the vision of this church

(do not promote or invite to other church events and programs)

3. Humility and Order

(humble despite disagreements. Other questions can be discussed after the class)

**SHARING**:

The Scriptural account of creation declares that God made man in his own image, after His own likeness.

Gen 1:26

Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.” NIV

We take after God’s likeness and are therefore first spirit, soul and body, in that order. It is not body first, then soul and last, spirit.

1 Thessalonians 5:23

May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. NIV

After man was disobedient, sin entered the world, the Fall.

“It is because man has fallen from his original state of perfect communion with God that redemption is necessary and is provided for through Christ.”   
The Christian Faith

Before Christ:

The spirit in us was dead and inactive, our understanding darkened, being separated from God, being under influence and bondage to the world and Satan and facing the penalty of death.

After Christ:

We receive a new Spirit, the Holy Spirit dwells in us, our conscience cleansed, we walk in the newness of life, receiving the gift of eternal life an live out our present as God’s children.

Coming to God, is not a law or a demand, it is a PRIVILEGE! The outcome of unmerited grace from God.

Eph 4:24

24 …and to put on the new self, created to be like God in true righteousness and holiness. NIV

Feeding & Training Our Spirit Man

The newly born again spirit man has been awaken. It is still a baby and needs to be nursed. As it grows, it begins to positively affect the body and the soul.

This is done through the Word, Prayer and Worship.

We receive a new Spirit, the Holy Spirit dwells in us, our conscience cleansed, we walk in the newness of life, receiving the gift of eternal life and live out our present as God’s children

1 Peter 2:2

Like newborn babies, crave pure spiritual milk so that by it you may grow up in your salvation.

Hebrews 5:14

But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

The intentional spiritual journey means beholding more of Jesus.

Longing for His presence, to spend time with Him, talk to Him, understand His heart and being in an intimate relationship with Him.

Whether we are cooking, cleaning, driving, running errands or working, we can still experience the astounding power of God’s presence.

We are the created and God is the Creator. Nothing can fully satisfy us except God, and nothing can fully change us or give meaning except God. God’s grace is a gift that transforms us from “where we were” to “what He can transform.”

1 John 5:12

The one who has the Son has this eternal life; the one who does not have the Son of God does not have this eternal life. NIV

Adapted from resources:

Kingdom Series Bible Study by Joshua Yee

The Christian Faith by Joseph Stump

Roots and Wings by Edmund Chan

**DISCUSSION**:

Objectives of discussion:

Deeper thought learning

Interactive and Engaging

Going slow to build strong foundations

A. Where We Were (Romans 1:26-29)

1. What does this verse tell us about the sin in the world?

2. What changes take place in the mind and body after the spiritual born again experience?

3. List 3 ways you can train and feed your spirit man.

4. What is a key takeaway you learnt from this verse?

5. What are some new insights and revelations you learnt today?

B. What Are We Running After (Jeremiah 2:5-13,18)

1. What do you understand by the phrase, “running after emptiness?”

2. What is the difference between “running on empty” and “running after emptiness?” Which is more dangerous to our soul and why?

3. Are there or was there any empty things you had been chasing at some point in your life?

4. What is a key takeaway you learnt from this verse?

5. What are some new insights and revelations you learnt today?

C. Life With God’s Purpose (Psalms 90)

1. Why does Moses write in such a cryptic way about life?

2. What does “numbering our days” mean?

3. In what practical ways can we number our days in order to live wisely?

4. What is a key takeaway you learnt from this verse?

5. What are some new insights and revelations you learnt today?

D. Eternal Life (1 John 5:10-12)

1. What is the “testimony”?

2. What does “eternal life” mean? Is it for the present or the future?

3. Are there was we can enjoy that “life” today?

4. What is a key takeaway you learnt from this verse?

5. What are some new insights and revelations you learnt today?