



### Key Verses

*Be strong and courageous, for you are the one who will lead these people to possess all the land I swore to their ancestors I would give them. <sup>7</sup> Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. <sup>8</sup> Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. <sup>9</sup> This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.*  
Joshua 1:6-9

## SEMINAR FOR GROWTH 2025

### Opening

This year's Seminar for Growth features Matt Trammel, the "World's Strongest Pastor." Matt has a love for the Lord and a zest for life. He says, "The two things I know in this life are the Bible and the human body."

### Ice breakers

- What is the best thing that happened to you this past week?
- In what area of your life would you like to have more strength? (physically, relationally, spiritually, mentally?)

### Discussion

What is your biggest takeaway from this week's sermon?

Read Psalm 73:21-26. Reflecting on these verses, what strikes you most? Why?

What are some specific promises in Scripture that you can hold on to when facing fear or uncertainty?

Why do you think obedience to God's Word is so strongly connected to success? How does this apply to your daily life?

Joshua was stepping into a new role of leadership. Where is God calling you to step out in faith and lead?

What are some ways you can meditate on Scripture more consistently throughout the week?

How does knowing that God is always with you change the way you approach difficult situations?

### Closing

*A final word: Be strong in the Lord and in his mighty power. <sup>11</sup> Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. (Ephesians 6:10-11)*