FAMILY WORKOUT 20 FOCUS: I AM GROWING / SERIES: GOD IS THE WAY - I AM RUNNING THE RACE EVERYONE'S LIFE IS BUILT DN A FOUNDATION

BIG TRUTH: EVERYONE'S LIFE IS BUILT ON A FOUNDATION

James 1:2-4; Luke 6:48; 2 Timothy 2:19

BIBLE VERSE: MATTHEW 7:26-27

"And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it."

BIG IDEAS

- The foundation our lives are built upon determines our eternal future.
- The foundation that is built on Jesus is the only one that can weather the storms of life.
- We must be hearers and doers of the Word in order for our foundation to be built on Jesus.

BIBLE PASSAGE: MATTHEW 7:21-29

TRANSFORM - I AM GROWING

The Transform Year is an exploration of what it means to become a "new creation" in Jesus. (2 Corinthians 5:17) In order for this to happen, we must first find our identity in Him. Many of us live in a consistent state of identity crises. We wrestle with questions like who am I, where do I belong, why do I exist? The answer to these questions is found in Jesus. Our prayer for this semester is that like the Apostle Paul we would be able to say, "I have been crucified with Christ, it is no longer I who live, but Christ who lives in me." (Galatians 2:20).

FEEL

WANT

SERIES AIMS

Every student should know that...

- God is the only way to life, hope, and peace.
- Everyone is on the path leading to life or the path leading to death.
- The path to life is hard and few find it, while the path to death is easy and many are on it.



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KNOW

Every student should strive to...

PLESHIP

- Use the workouts consistently as a tool to help you study God's Word.
- Start using the ACTS model of daily prayer.

Every student should feel...

- Fearful about the possibility of being on the road that leads to death.
- Encouraged that God's Word, people, and Spirit can help us run the race well.

Every student should ask God to...

- Give them a desire to pursue the path of life and reject the path of death.
- Help them to take the next step in obediently following Him this week.

FAMILY WORKOUT

We all build our foundation on the rock or on the sand. This week we will ponder how we can model building our foundation on the rock. We will pray with our son or daughter to build their foundation on Christ and we will help them practice being a doer of the Word.

FOCUS: 1 AM GROWING / SERIES: GOD IS THE WAY - 1 AM RUNNING THE RACE EVERYONE'S LIFE IS BUILT ON A FOUNDATION

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Read Matthew 7:21-29 this week and meditate on it.

• Consider how to model building your foundation on Christ for your son or daughter. How can you discuss with them what it means to be a hearer and doer of God's Word? How can you lead them to build their foundation Christ and not on the world?

Consider what it means to experience trials and have your faith grow.

• How can you share with your son or daughter how your faith has increased through trials and storms? How can you discuss with your son or daughter ways that they can remain steadfast during storms?



Set aside a time to pray for your son or daughter every day this week.

- Choose the same time every day and when you pray, ask the Holy Spirit to help your son or daughter build their foundation on Christ. Ask the Holy Spirit to awaken your son or daughter to ways that he or she can better build on their foundation on Christ.
- Spend time praying with your son or daughter this week. Pray for your son or daughter to grow in their faith during trials and struggles and for them to grow in their relationship with God so that their foundation is firm.



Spend time discussing with your son or daughter areas of their life that you see them building on the sand.

- Discuss with your son or daughter the necessity of building on the rock and help them understand how to build on the rock instead of the sand.
- Spend time discussing your son's or daughter's own evaluation of his or her foundation this week. Allow your son or daughter to share their own ideas about how they need to grow and then help them make a list of practical ways they can grow in those areas.