

# 1

## FOUNDATIONS

### INTRODUCTION:

Growing up in the faith, or “Spiritual Maturity”, develops as we practically engage with God in three distinct areas: our heart, our mind, and our will. But growing up first requires a strong foundation. Our life will never be stronger than our foundation, and we’ll often find ourselves stuck in our faith when we lack what it takes to develop maturity. Today we’ll dive into the basics of what it takes to become a grown-up believer and explore God’s bigger picture for a bigger life.



## ICE-BREAKERS:

Have everyone introduce themselves and answer these questions: What brought you here? What do you hope to get out of this group?

Since we're calling this study "*Grown Up Faith*," let's talk a little about maturity.

In high school, were you the playful, class clown or the serious, responsible type? Share a story that illustrates.

How does the world define "growing up?" What do you think it takes to be considered a grown-up?

## WEEKLY SCRIPTURE:

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.  
(Matthew 7:24 NIV)

Like the foundations of the house you live in, the foundations of life are not always obvious or visible. But over time, they determine the ultimate strength, stability, and success of what you are trying to build. The foundation determines whether the structure built will stand or fall. That's why we begin this series with a conversation about the foundation for our own life.

WATCH THE



# VIDEO

## SESSION 1

Use the Notes space provided to record key thoughts, questions, and things you want to remember or come back to as a group. After watching the video, follow along with the questions and scriptures in the Group Discussion section.

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# GROUP DISCUSSION



## Read Matthew 7:24-27 (MSG)

*“These words I speak to you are not incidental additions to your life, homeowner improvements to your standard of living. They are foundational words, words to build a life on. If you work these words into your life, you are like a smart carpenter who built his house on solid rock. Rain poured down, the river flooded, a tornado hit—but nothing moved that house. It was fixed to the rock. But if you just use my words in Bible studies and don’t work them into your life, you are like a stupid carpenter who built his house on the sandy beach. When a storm rolled in and the waves came up, it collapsed like a house of cards.”*



In Jesus’ parable, what do the two life-builders have in common and how are they different?

Once the two houses are built, what happens to each of them? What do you think Jesus is saying about the different approaches to building the houses?

Based on the video and Jesus’ parable, what is the strongest and longest-lasting foundation for living?

- What do you believe “rain, the floods, and the tornados” represent? What do these look like in real life?
- Share a time when you experienced a “storm” in your life and/or when your foundation was tested?

This passage in Matthew was Jesus' wrap-up of a longer teaching we call "The Sermon on the Mount", where he repeatedly invited His listeners to apply what He was saying to their personal lives. Here, He insists on the big picture application, dividing His audience into two groups. They have all heard, but they will make one of two choices about what they have heard: **Build your foundation on Solid Rock or Sandy Beach.** It doesn't matter how good the house looks and even how well it's built if the foundation underneath is questionable. The challenges of life were the same for both houses. The well-built house wasn't immune to storms. But the different foundations led to different outcomes when the winds and waves attacked.

If you had to describe the current foundation of your life, what terms would you use and why?

Pastor Kevin referenced the "10 Core Questions of Life" as foundational. From the list below, which of these would you say challenges your foundation, or tests your faith the most?

- 1. Is life an accident or am I here on purpose?
- 2. Why do bad things happen to good people?
- 3. Can I really trust God?
- 4. Why can't I make my own rules?
- 5. Why can't God just accept me as I am?
- 6. Isn't one way to God narrow-minded?
- 7. What does it mean to be forgiven?
- 8. Why don't Christians look different from everybody else?
- 9. Who needs the church?
- 10. Are heaven and hell real?

Now that you have some idea where this study is going, what would you say is a significant question of your own that you want answered in the weeks to come?

# TAKE ACTION

God wants you to be part of His kingdom—to weave your story into His. That will mean change—to go His way rather than your own. This won't happen overnight, but it should happen steadily. By starting with small, simple choices, we begin to change our direction—with God's help along the way!

In this section, talk about how you will apply the wisdom you've learned from the teaching and Bible study. Then think about practical steps you can take in the coming week to live out what you've learned.

We all get stuck in our faith journey along the way. How might you go about getting “unstuck” based on today's conversation?

What's the one big thought you will take away from this session and how will you apply it to your life this week?

How will you interact with the Bible in the coming week? Share with

the group how you plan to grow in your faith this week and then, at your next meeting, talk about your progress and challenges.

Ask, “How can we pray for you this week?” Invite everyone to share, but don't force the issue. Be sure to write prayer requests down in your notes section.

Close your meeting with prayer and talk specifics about your next group meeting.

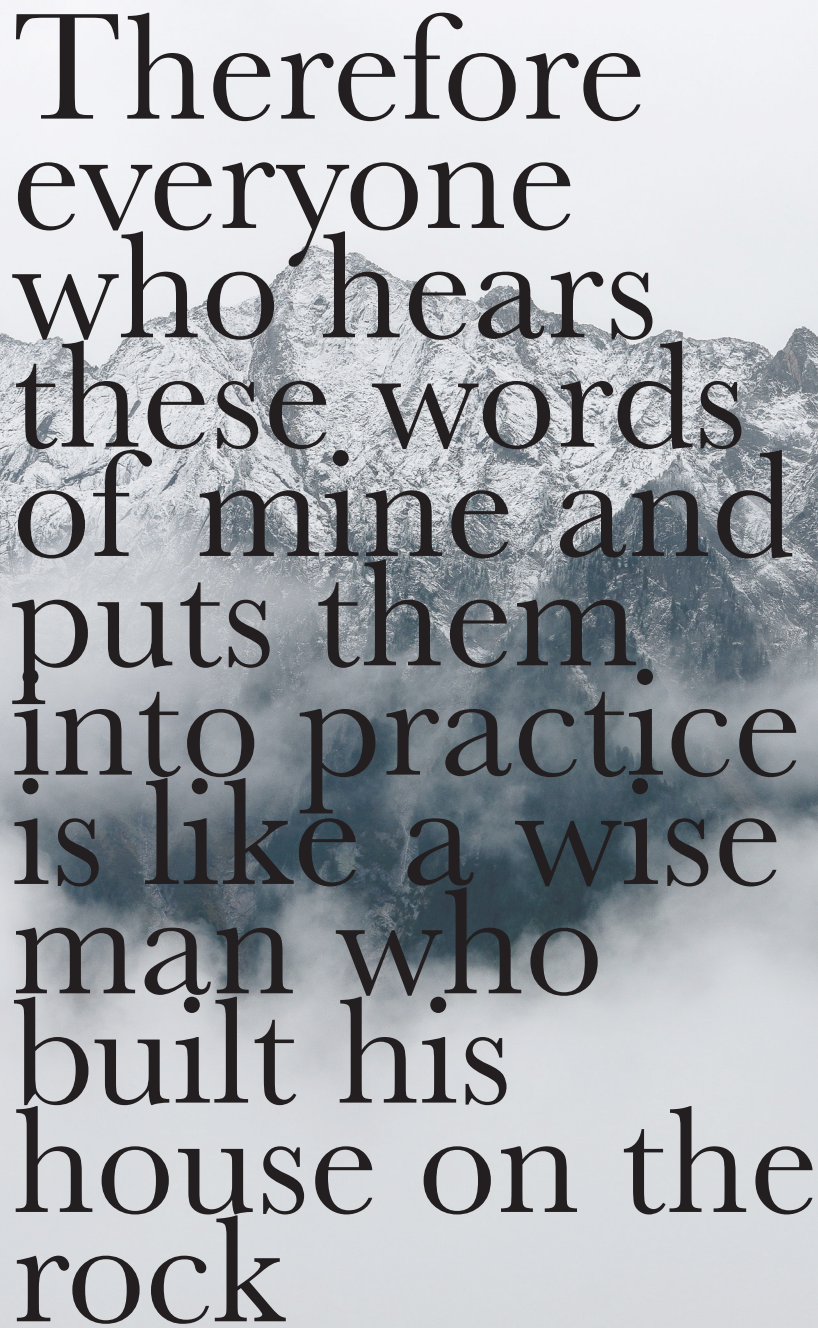


# FOR ADDITIONAL STUDY

If you feel God nudging you to go deeper, take some time before the next meeting to dig into His Word. Explore the Bible passages related to this session's theme on your own and jot your reflections in a journal or in this study guide. A great way to gain insight on a passage is to read it in several different translations. You may want to use a Bible app or website to compare translations.

Like Pastor Kevin mentioned, reading the book "*Grown Up Faith*" won't be identical to these sessions, but rather a reinforcement of the content. If you want to study further, read Chapters 1 & 2 of "*Grown Up Faith*".





Therefore  
everyone  
who hears  
these words  
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is like a wise  
man who  
built his  
house on the  
rock

(Matthew 7:24 NIV)



# DAILY DEVOTIONALS



1

Psalm 119:105

*Your word is a lamp for my feet, a light on my path (NIV).*

**Respond:**

What two purposes for God's Word does this verse highlight?

2

Matthew 4:4

*Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God'" (NIV).*

**Respond:**

Are you willing to "boast" of knowing the Lord in some way if God gives you that opportunity this next week? Have you asked Him to do so?

3

Matthew 7:24

*Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock (NIV).*

**Respond:**

In what areas are you asking for God's help in connecting your "house" to the "rock" of His Word?



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# 4

James 1:22

*Do not merely listen to the word, and so deceive yourselves. Do what it says (NIV).*

**Respond:**

What is this verse saying about the importance of going beyond reading or hearing God's Word? In what ways are you doing what it says?

# 5

Psalms 1:1-2

*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 (NIV).*

**Reflect:**

The kind of meditation described in these verses requires a certain "uploading" or memorizing of God's Word. Consider the memory verse for this week again and experiment using it to meditate day and night. In what ways might you be blessed?

# 6

Use the following space to write any thoughts God has put in your heart and mind about the things we have looked at in this session and during your Daily Devotional time this week.

# MEMORY VERSES

## SESSION ONE

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. (Matthew 7:24 NIV)

## SESSION TWO

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. (2 Timothy 3:16-17 NIV)

## SESSION THREE

You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally. (1 Corinthians 9:24-25 MSG)

## SESSION FOUR

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6 NIV)

## SESSION FIVE

That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure. (Philippians 2:13 MSG)

## SESSION SIX

Jesus repeated his greeting: "Peace to you. Just as the Father sent me, I send you". (John 20:21 MSG)



Jesus Christ  
Matthew, Mark, Luke, John



# NOTES



