

# groups.

— Notes | October 12, 2025

## Family | Building a Healthy Family On The Go

---

Most families have experienced “crazy”, especially when life is crazy busy. Between school, work, relationships, and everything in between, it can feel like there is no extra margin to build something healthy. But the truth is, healthy homes and healthy lives aren’t built in grand, cinematic moments. They are built slowly, in the small, unseen choices and small moments that shape the people we are becoming.

The truth is, we are all becoming and we are all building something. Perhaps a family, a career, a relationship. And in the building, we each have a choice: Stones or Straw? Straw is quick and cheap, but it burns. Stones are costly, but they last. What you build with today determines what you stand with tomorrow.

### Key Scripture | 1 Corinthians 3:10-11

“By the grace God has given me, I laid a foundation as a wise builder, and someone else is building on it. But each one should build with care. For no one can lay any foundation other than the one already laid, which is Jesus Christ.”

### Related Scriptures

Deuteronomy 6:5-7, 1 Corinthians 3:9-19, Hebrews 10:24-25, 2 John 1:12, Ecclesiastes 4:9-10, Acts 2:42-47, Psalm 142:1-2, Philippians 4:6, Galatians 6:2 & 9, James 5:16, Matthew 11:28-29, Mark 2:27, Proverbs 10:9, Ephesians 5:15-20

### Icebreakers:

Q: What is one funny or chaotic “family moment” that perfectly sums up your family’s brand of crazy?

## Key Thoughts and Reflections: \_\_\_\_\_

### I. Start with the Foundation

Q: Every structure stands or falls depending on what it is built on, and the same is true for our lives and families. When you think of your life, what has been the foundation so far?

Q: What are some of the temptations or pressures that pull you to build on a different foundation? It could be control, culture, comfort, success, etc. Where do those show up most often?

Q: How can you tell when your foundation is built on Christ and not on circumstance or emotion? What warning sins do you notice in your emotions, habits, or relationships?

Q: When that happens, what helps you rebuild on Christ instead of trying to patch up what's cracking?

### II. Straw vs. Stone

Q: What rhythms or habits in your life tend to drift toward building with straw? The quick, convenient, or comfortable things. What do those look like for you?

Q: Have you ever experienced a moment in your life when what you built with couldn't hold under the pressure? What happened and what did you realize you had to do differently?

Q: What makes it difficult to tell the difference between stones and straw in real time? What could help you pause before building with something cheap or temporary?

### III. Build on the Go

Q: You don't necessarily need more hours in the day to build something healthy. And that's great news! You just need to be intentional with the hours you already have. In your everyday moments (maybe your morning routine, commute, meals, bedtime, weekends, etc.,) where do you sense God inviting you to shift from straw to stone?

Q: Every home has a little straw. How do you know when the straw we are bringing into our building is an exception versus a pattern?

Q: What is one stone you sense God is asking you to pick up this week to intentionally build something lasting with Him? What would it look like to actually follow through?

## Get Practical \_\_\_\_\_

Building something that lasts requires intention. Every stone you lay matters, especially in the areas that support the most weight. Finances are one of those areas. It reveals what we are building on, and it can either strengthen or shake our building. [Financial Foundations](#) is a great next step to consider if you want to start building with stone in one of the areas that carry weight.