



Foundations for My Life

Reflect on beliefs or attitudes which are like “foundations” for your life. These are the constants that help you weather the storms of life. Here are a few examples:

- I will trust in the Lord.
- I will go to the Word for help when in trouble.
- If I try to do what is right, the Lord will help me.

If you want a tangible reminder of these, you could write them on beautiful pieces of paper and place them near a large rock.

Reflect on aspects of your life that might change or have changed—where you live, your job, your health, friendships, *etc.* Did the foundations of your life—your beliefs and attitudes—help you adjust to these changes?

Further ideas:

- Can you think of challenges which could be compared to the rains, the floods, and the winds that blew on the house in the parable (see Matthew 7:24-27)?
- Have you, a friend, or someone in your family experienced difficult things?
- Did the “foundations” on which you build your life help you “weather” the difficult times?
- Did your beliefs and attitudes bring you comfort?