



## Week 1: Build a Solid Foundation

Everyone builds their life on something... what foundation is your life built on?

### Discussion Questions

1. What makes you feel like you are winning at life?
2. How do you respond when you don't feel like you're winning?
3. **Read Matthew 7:24–27**
  - What does Jesus mean when he says, “Put my words into practice”?
  - What's the difference between something being built on sand versus something being built on rock? How does that apply to your life?
4. In the message, Rahul mentioned soft foundations that you build your life on, including money, relationships, career, health, and emotions. Which of these do you have a tendency to build your life on?
5. Do you feel like your foundation (soft or hard) will stand?
6. What steps can you take this week to build your life on Jesus or to begin to build your life on Jesus?

### The More You Know

When Jesus is your solid foundation, when the storms come, you may get shaky, but you won't be shaken.