

# BUILD MY LIFE

### The Parable of The Wise & Foolish Builder

"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. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. 27 The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

Matthew 7:24-27

# **BUILD A STABLE LIFE TABLE**

EMOTIONALLY STABLE PEOPLE:

- ARE CALM DURING STRESSFUL SITUATIONS
- DO NOT CONSISTENTLY EXPERIENCE NEGATIVE FEELINGS
- HAVE A REASONABLE DEGREE OF SELF-ESTEEM
- REMAIN CAPABLE THROUGHOUT DIFFICULT ORDEALS

# **1. INNER CIRCLE**

YOUR FRIENDS WILL DETERMINE THE \_\_\_\_\_\_ AND OF YOUR LIFE.

"Do not be misled: "Bad company corrupts good character."

I Corinthians 15:33

# 2. INTERNAL HEALTH

HUMANS REQUIRE REGULAR \_\_\_\_\_\_.

"There is a time for everything...a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace."



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# **3. IDENTITY**

# NOTHING DELIGHTS THE ENEMY MORE THAN LOSING YOU

TO THE \_\_\_\_\_\_ OF \_\_\_\_\_ IDENTITY.

"So God created mankind in his own image, in the image of God he created them; male and female he created them.."

Genesis 1:27

#### 4. INFORMATION SOURCE

 WHO YOU GIVE YOUR \_\_\_\_\_\_ TO WILL

 DETERMINE HOW YOU MAKE \_\_\_\_\_\_.

"See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ." Colossians 2:8

> **The Scripture Challenge** LisaToney.com/TheScriptureChallenge

Fill in the blanks: quality, direction, emotional, hygiene, quicksand, cultural, headspace, decisions.



1. Where would you build your dream house and what would it be like?

2. What does "the rock" represent in this passage (v. 24)?

3. What is Jesus promising those who live by His words? What is He not promising (v. 25, read also John 16:33)?

4. What "sandy foundations" are you most tempted to build your life, hope, or security on (v. 26-27)?

5. As you reflect on the past year, where has your spiritual foundation gotten weaker or stronger?

6. What instruction or command from Jesus have you neglected? How can you put it into practice in your life this week?



MATTHEW 7:24-27

The SOAP study method is a simple, yet powerful tool to help guide you into deeper understanding and life application of the Bible. There is a section in the Growth Binder that introduces you to this method and provides pages to help you get the most out of your personal Bible study.

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