



Sunday Recap Guide

FOUNDATION FIRST

E | Encouragement

Highs, Lows & Check-Ins

Start by creating space for connection before content.

- Share one **high** and one **low** from your week.
- On a scale of 1–10, how **grounded** do you feel right now emotionally or spiritually?
- Icebreaker option:
When you hear the word “foundation,” what comes to mind — something solid, something shaky, or something under construction? Why?

Remind the group: this is a safe place. Growth happens best when we’re honest about where we’re starting from.

S | Scripture

Deep Dive: Foundation First

Primary Scripture

“Unless the Lord builds the house, they labor in vain who build it.”

Psalm 127:1 (NKJV)

Context & Meaning

Psalm 127 is attributed to Solomon, a king known for wisdom, building, and achievement. This verse confronts the illusion of self-sufficiency. The word *vain* points to effort that is exhausting but ultimately empty. God isn’t saying building is wrong — He’s saying **building without Him at the center is unsustainable.**

This directly speaks to the soul. We can work hard on habits, success, relationships, or even spiritual disciplines — but if the foundation isn't God's truth and presence, we will eventually feel worn down, anxious, or unstable.

Discussion

- Where do you feel like you've been "laboring in vain" lately?
- How can good things become unhealthy when God is not the foundation?

Building on the Right Foundation

"Everyone who hears my words and obeys them is like a wise man who built his house on rock."

Matthew 7:24 (NCV)

Teaching Insight

Jesus ends the Sermon on the Mount with this illustration. Notice the key distinction: both builders **hear** the words of Jesus, but only one **obeys**. The foundation isn't emotion, intention, or knowledge — it's obedience.

The storm comes to both houses. The difference is not the storm, but the foundation beneath the surface.

Soul Application

A healthy soul isn't storm-free; it's **anchored**. Obedience forms stability long before pressure reveals it.

Discussion

- Why do you think Jesus connects obedience to wisdom?
- What storms in your life have revealed the strength (or weakness) of your foundation?

You Are God's Building

"...you are God's building."

1 Corinthians 3:9 (NKJV)

Context & Meaning

Paul reminds the church that their identity is not found in leaders, performance, or comparison. God is the architect, the owner, and the builder.

This shifts how we view ourselves:

- You are not a finished product.
- You are not a failure.
- You are **under construction by God**.

Discussion

- How does seeing yourself as God's building change the way you treat your soul?
- Where do you rush the process instead of trusting the Builder?

Living Stones, Still Being Built

“You come to him as living stones, a spiritual house that is being built...”

1 Peter 2:5 (GW)

Teaching Insight

Peter describes believers as *living stones* — not dead material, but active, growing, connected pieces of a spiritual house. Stones are shaped through pressure, friction, and time.

God doesn't discard stones that need shaping — He uses them.

Key Truth

God doesn't condemn buildings He's still occupying.

Discussion

- What “shaping” season are you in right now?
- How does this verse challenge the belief that brokenness disqualifies you?

Foundation of Identity

“For we are His workmanship, created in Christ Jesus for good works...”

Ephesians 2:10 (NKJV)

Teaching Insight

Before purpose comes identity. *Workmanship* implies intentional design, craftsmanship, and value. Your foundation is not your past, your trauma, or your performance — it is Christ.

This is why the sermon emphasized:

- Nobody is chained to their childhood trauma.
- A healthy soul begins with clarity of identity.

Discussion

- How does misunderstanding your identity affect how you build your life?
- What false foundations have you built on in the past?

God's Valuation of You

“I praise you because I am fearfully and wonderfully made...”

Psalm 139:14 (NIV)

Teaching Insight

We often call trash what God calls treasure. This verse declares God's valuation — not based on productivity, perfection, or appearance, but on intentional creation.

Group Declaration

I am loved. I am valued. I am secure in Christ alone.

Discussion

- Which part of that declaration is hardest for you to believe?
- How would your decisions change if you truly believed God's valuation of you?

P | Prayer

Prayer Prompts & Requests

Prayer Prompts

- Ask God to reveal any areas where you've been building without Him.
- Pray for clarity of identity — seeing yourself the way God sees you.

- Invite God to strengthen the unseen places of your soul.
- Thank God that He doesn't condemn broken places — He still occupies them.

Group Prayer Option

Have each person finish this sentence out loud or silently:

“God, help me build my life on the foundation of _____.”

Close by declaring together:

“I am loved. I am valued. I am secure in Christ alone.”

N | Next Steps

Personal & Church Application

Personal Next Steps

- Spend time this week asking: *What is my life currently built on?*
- Journal or pray through Psalm 127:1 and Matthew 7:24.
- Identify one internal area (thought patterns, identity, past wounds) where God wants to strengthen your foundation before adding anything new.

Church Next Steps

- Consider Growth Track or a Freedom Group if you haven't already — both help lay healthy spiritual foundations.
- Reach out to a leader if you need prayer or support rebuilding an area of your life.