

JUNE 19



SEQUOIA NATIONAL PARK (CALIFORNIA)

Sequoia National Park is home to some of the largest trees in the world, including General Sherman, the largest by volume and by height and estimated at 2,200 years old. Sequoias thrive in only a few places, but the key to their survival is their deep root system. Jesus said that those who hear his words and act on them are like the person who builds their home on a firm foundation. Foundations are important - they keep us in place through the winds and rains and harsh weather of our lives.

**I
VISITED!**

NOTES, REFLECTIONS, PRAYERS

READ

Nehemiah 9:5b-6

Matthew 7:21-27

REFLECT

What have been your life's foundations?

Could your foundation use some shoring up?

How can you serve as a foundation for somebody important to you?

PRAY

Gracious God,
Help me to hold onto to your hope, your love, your word. Help me
build a firm foundation in your grace, that I might be a source of
grace, hope, and love to others. Amen.