

Healthy Heart, Healthy Home

Week 1 · Strong Foundation · March 1, 2026

*“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.” **Matthew 7:24-27 (ESV)***

- 16% of believers read their bible more than 4 times a week

*Because if you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. **Romans 10:9-10 (ESV)***

Believe: Trust in God that produces obedience and reliance on Him, manifesting as faithful perseverance.

90 Day Tithe Challenge: details at wearecrossing.com

*“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also. The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. **Matthew 6:19-24 (ESV)***

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself

for me. **Galatians 2:20 (ESV)**

*But turning and seeing his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are not setting your mind on the things of God, but on the things of man." And calling the crowd to him with his disciples, he said to them, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul? For what can a man give in return for his soul? **Mark 8:33-37 (ESV)***

Words of Knowledge

- We believe the Lord wants to heal someone suffering from a digestive issue that is causing severe nausea.
- We believe the Lord wants to heal someone who has been recently diagnosed with some sort of blockage in the brain. This is causing dizzy spells and also some sort of problem with your vision. The Lord wants to heal you and clear that blockage today.