

SESSION ONE

Rooted in Christ



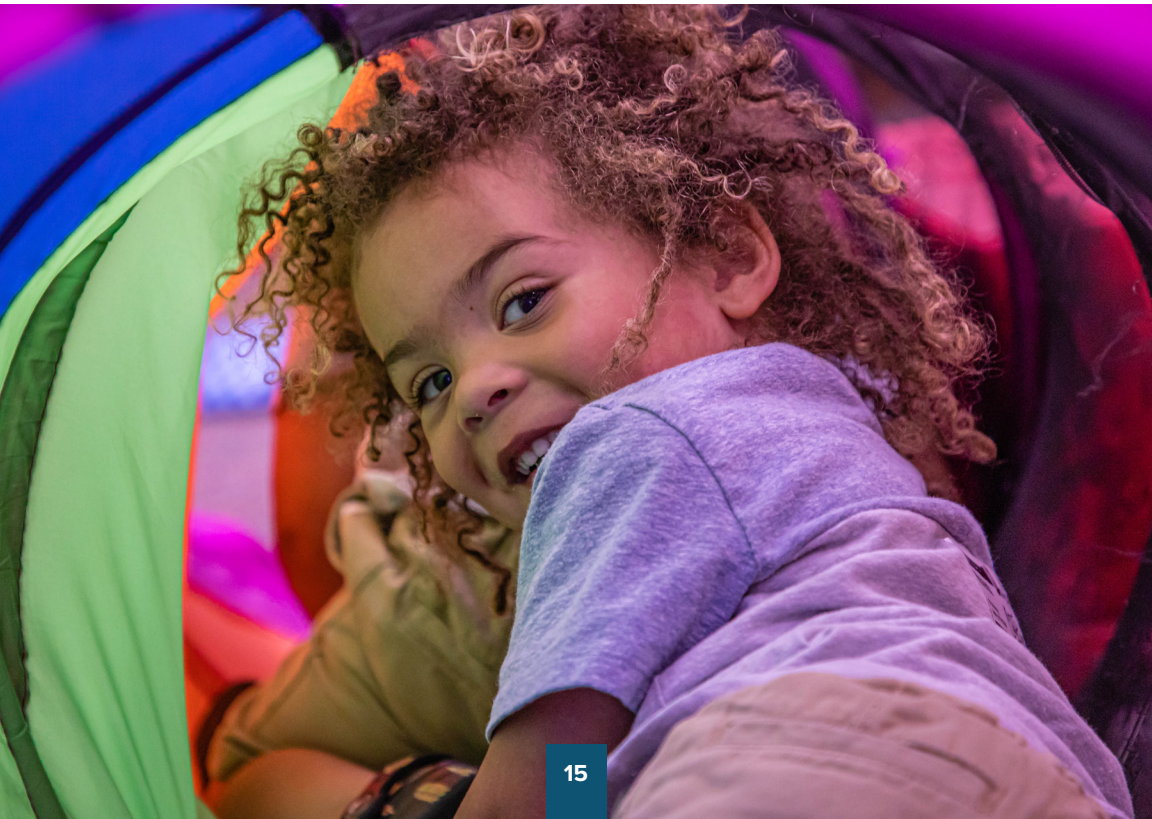
*Everyone then who hears these words of mine and does them
will be like a wise man who built his house on the rock.*

MATTHEW 7:24

Welcome to Flourishing Family!

In this first session today, we will go back to the basics and be reminded that a Flourishing Family is built upon the foundation of the Gospel alone. We will be reminded how much we need Jesus and for His grace to be offered and received in our homes on a daily basis. Also, in this group guide, we have given you some extra resources to check out, so don't miss that section each week. We hope you will join us each week for what may be the very most important conversation at this stage in your life. Let's get started!

Enjoy the company around you on this brief journey and remember that the next few weeks are a short chapter in a larger story God is writing in your life. Let's discover together what it means to live in such a way that steps we take keep our Families Flourishing no matter what our situation. Family is a big deal to God since it was His idea. We need strong and flourishing families made up of strong marriages and godly parenting.





During each session, we will begin with a question or brief activity designed to “put us on the same page” for the session. Since this is your first time together (at least for this new series), take a few minutes to make sure everyone knows names. You may want to review briefly the Small Group Agreement and Calendar from the Appendix.

- As you begin, take time to pass around a copy of the Small Group Roster on page 91, a sheet of paper, or have someone pass a Study Guide, opened to the Small Group Roster. Have everyone write down their contact information. Ask someone to make copies or type up a list with everyone's information and email it to the group this week.
- As you can tell by the title of this series, we're going to talk about family in the next few weeks. Flourishing Families consist of strong marriages and biblical parenting. Let's begin by talking about your ideas of what God cares about when it comes to marriage and family. What do you consider to be biblical principles of a Flourishing Family?
- Whether your group is new or ongoing, it's always important to reflect on and review your values together. On page 78 is a Small Group Agreement with the values we've found most useful in sustaining healthy, balanced groups. We recommend that you choose one or two values—ones you haven't previously focused on or have room to grow in—to emphasize during this study. Choose ones that will take your group to the next stage of intimacy and spiritual health.
- If your group is new, you may want to focus on welcoming newcomers or on sharing group ownership. Any group will quickly move from being the leader's group to our group if everyone understands the goals of the group and shares a small role. See the Purpose Team Roles in Appendix for help on how to do this well.
- We've come to realize that healthy groups rotate leadership. This helps to develop every member's ability to shepherd a few people in a safe environment. Even Jesus gave others the opportunity to serve alongside him (Mark 6:30–44). Look at the FAQs in the Appendix for additional information about hosting or leading the group.



learning together

[WATCH THE VIDEO](#)



growing together

In the questions that follow, you will review and expand on the teaching you just experienced.

- What is convicting or inspiring to you from today's passage?
- What is your personal faith story and relationship with Jesus?
- Can you tell us about a time that someone showed grace to you?
- Thinking about Ben's story of building the epic backyard fort for his kids, what was the part that he spent the longest building?
- We need a solid foundation for building a life, but what are some of the faulty foundations we might be tempted to build our lives upon?



Ephesians 3:14-19

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

- Reading Ephesians 3:14-19 again, what is the most encouraging part to you?
- Ben talked about what happens when we don't build our lives on a strong foundation, and how we start to run on empty. What are the early warning signs you see when you are "running on empty"?
- God our Father shows us love and grace and calls us to the same for our kids, but sometimes it's hard. When/how do you struggle to show love and grace to your kids?
- God is more interested in our spiritual formation than He is about behavior modification. This is a great model for us as parents. Why do you suppose is it easier to default to behavior modification tactics vs. spiritual formation strategies?

going deeper

If there is time, and you feel God nudging you to go deeper, take some time in group or by yourself before the next meeting to dig further into His Word. Explore the Bible passages related to this session's theme on your own and jot your reflections in a journal or in this study guide. A great way to gain insight on a passage is to read it in several different translations. You may want to use a Bible app or website to compare translations.

In Matthew 7:24-27 (ESV) it says,

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.

- What does Jesus mean by the contrast between building a house on a rock versus building a house on the sand?
- What are some areas of your life that you see people typically building on sand?
- What is one area of your own life where you may have built on sand and need to begin putting Jesus' words into practice?

resources

BOOKS

- “Shepherding a Child’s Heart” by Paul Tripp
- “Gospel Centered Marriage” by Tim Chester
- “Grace Based Parenting” by Tim Kimmel

AUDIBLE

- “Parenting: The 14 Gospel Principles That Can Radically Change Your Family” by Paul Tripp

RIGHTNOW MEDIA

- “Parenting” by Paul Tripp
- “Grace Based Parenting” by Tim Kimmel
- “House or Home: Marriage Edition” by Chip Ingram

PODCAST

- “Reaching Your Child’s Heart When They Disobey” by Ginger Hubbard

<https://www.focusonthefamily.com/episodes/broadcast/reaching-your-childs-heart-when-they-disobey/>

daily

REFLECTIONS

Read and reflect on the following Scriptures between group meetings. Use this section to seek God on your own throughout the week. This time at home should begin and end with prayer. Don't get in a hurry; take enough time to hear God's direction.

Day 1

2 Corinthians 12:9

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

Reflect:

What areas of your life have caused you to lean on the sufficiency of God's grace?

Day 2

Philippians 4:13

I can do all things through Christ who strengthens me.

Reflect:

Where have you seen this verse to be true in your life? Where could you apply it next?

Day 3

2 Corinthians 9:8

And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

Reflect:

How often do you consider that your “every good work” is made possible by the grace of God giving you “sufficiency in all things at all times”? Where do you need His grace today?

Day 4

Romans 5:8

But God shows his love for us in that while we were still sinners, Christ died for us.

Reflect:

Do you struggle to accept that God loves you? How encouraging is it to consider Jesus’ sacrifice on the cross for you because He loved you?

Day 5

1 John 3:1

See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.

Reflect:

If you have children, reflect on your love for them. Is it difficult to imagine the Father loving you that way? If you don’t have children, imagine that you did.