



## **“Where is Your Foundation?”**

Purpose: To help teens realize what’s most important in their lives.

Supplies:

- 5 index cards per teen
- pens/pencils

Total Time: 40-55 minutes

### **ACTIVITY**

**Crowd Breaker: Minute to Win It, Trivia, Etc**

### **ACTIVITY**

**Video Clip: Evan Almighty** <https://www.youtube.com/watch?v=kmrVYSxcxVQ>

### **ACTIVITY**

**Five Most Important Things** (10-15 minutes)

**INSTRUCTIONS:** Have teens think of the 5 most important things in their lives. Then tell them to write a different item on each index card

Video Clip: Backdraft <https://www.youtube.com/watch?v=RLUhwGLJhsI>

1. If one of your items is a material possession such as money, cars, music, clothes, you must throw this item away; it just got burned in a fire.

ASK: So how did that feel to lose those items?

Video Clip: Remember the Titans <https://www.youtube.com/watch?v=WwJWW6UKnIc>

2. If one of your items is a talent such as your basketball ability, dance ability, intelligence, you must throw this item away; you just became handicapped

ASK: How many of you still have all 5 items?

Video Clip: Jaws <https://www.youtube.com/watch?v=pmLP0QQPqFw>

3. If one of your items is a person, you must throw this item away; they just passed away.

ASK: So how many items do you still have left?

Video Clip: Vanilla Sky <https://www.youtube.com/watch?v=7xohWvO9i4c>

4. If one of your items is a physical trait such as your good looks, or your great body throw it away; because you just got in a car accident.

## **LARGE GROUP** (15 minutes)

Discussion Questions:

1. What do you have left?
2. What was the easiest card to drop?
3. If you could have one card back what would it be?
4. What does it mean to have a foundation in life?
5. Most people believe in life after death...Which of these things prepare you for that?

## **SMALL GROUP**

(15-20 minutes)

**Are you able to see what your foundation of life is being built on? If so, would you share what those are?** *See if you get any response. If not, come up with something like music and use music as an example to help answer the next question, or share your personal story.*

**When tough times come, will you be swept away by life, or will your foundation hold you?** *See what the teens have to share.*

## **WRAP UP**

1. **He who dies with the most toys wins. Right?** *No, he still dies.*
2. **What are you taking with you when you die?** *Allow the teens time to respond. You see, there are no U-hauls in a funeral processions. For some people, they seem to live as though life comes down to what you take with you after you die.*
3. **What is your life built upon?** *Not a question for teens to answer out loud...give them a moment to think about this. When builders build new homes they spend a majority of their time on the foundation. Did you know the world trade center was almost as deep as it was tall? Buildings are not built on the ground; they are built into the ground. Think about tornados...look what they will do to mobile homes. Is your life based upon being tossed around in the wind? Meaning...are you building your life on things that won't/can't last forever...or are you building you life on things that can't provide strength when under pressure?*

Your life must be based upon things past this lifetime. **What do you think are some of the things you CAN take with you?** *See if they can come up with a few things* Things like respect, love, kindness, thoughtfulness, and a relationship with God are things that will last forever. Often it's the things that you can't see that are the most important.

**When tough times come, will you be swept away by life, or will your foundation hold you securely?** *Teens will have time in small group to answer this question.* People can't hold you securely, money can't hold you securely, and abilities can't hold you securely.

## Optional Content

VIDEO: "2 Builders" (1:51 minutes)

<http://www.youtube.com/watch?v=oaSpZMBcTgE>

Let's read one of Jesus' teachings. Read Luke 6:46-49.

- **Who is Jesus talking to?** His disciples and many people who came to him to either hear Jesus speak or to be physically healed from illness.
- Jesus is sharing a bunch of information here about what it means to be a Jesus Christ follower (Christian). So, Jesus starts out in this section to say that we have 2 kinds of people: those that listen to me (Jesus) and do as I say, and those that listen but then turn around and do what they want to do. **Which of the 2 would be the Christ Followers?** Those that do as Jesus says.
- **Why do you think Jesus used a rock and sand as the examples to use as foundations?** One washing away very easily and the other is solid, firm and last a long time. Use being at the beach and building sand castles right next to the shore. What happens when the tide comes in...it washes away...like it wasn't even there. What happens to the rock in the same situation? Stays put! If anything, the sand forms around the rock.
- **Think back to what your thoughts were in answering the question, "What am I building my life on?" Is it in the sand or on a rock?** Jesus is making it very clear here that anything outside of Him is building on the sand! If our lives aren't built on what Jesus Christ stands for, then it's clear, everything else will lead to ruin when life gets tough...and everyone here understands very well, life is tough!
- Read Psalm 18:1-2. GOD is the Christian's (Christ followers) strength, rock, fortress, savior, protection, shield, and their stronghold! That's what building a life on the Rock of Jesus Christ will also provide you! Nothing else can do that!
- **What about you? What are you going to build your foundation of life on? Will it be the sand that comes crashing to the ground when troubles and hard times hit, OR will it be on the rock of Jesus that provides strength, solid ground, fortress, savior, protection, shield, and a stronghold?**
- If you are ready to start building your life on Jesus Christ...a firm and strong foundation...stay around. I would love to talk more with you!

## CHALLENGE

Read Luke 6:17-49 twice before we meet again. This section of reading is Jesus explaining what type of person a Christ Follower (Christian) should look like. So, when you think of what a Christian should be doing...remember, always measure yourself next to Jesus Christ... nothing else but JESUS! Jesus is the Rock. So, that's what we need to be comparing ourselves to. Reading these verses in Luke will help you understand what a Christian (you) should be doing as you build your foundation on Jesus Christ.

## SALVATION VERSES

God's Amazing **Forgiveness** that Leads to Eternal Life with Him!

- We all are sinners: Psalms 51:5, Romans 3:9-12, Romans 3: 22-24, 1 John 1:8-10
- We are chained to our sin: John 8:31-36, 2 Peter 2:19, Romans 6:16-18
- We cannot be close to God because of our sin: Colossians 1:21-22, Ephesians 2:12-13
- Sin has a punishment: Romans 5:12, Romans 6:23, Galatians 3:10
- We cannot save ourselves from our sin: Romans 8:7-8, Ephesians 2:1-5, Ephesians 2:8-9, Titus 3:4-7
- JESUS saves us!!! John 1:12, John 3:14-16, John 10:11,14-15, 1 Peter 1:18-19, Ephesians 5:25-27, 1 Timothy 2:5-6, Romans 5:8
- We can be rescued when we trust Jesus: Romans 10:9-13
- God will never turn anyone away! John 6:37, Romans 10:13
- Your new purpose in life: Romans 8:1-14, Ephesians 5:1-21, 2 Corinthians 5:15