

Building Your Home on the Rock – Community

Session 8 – January 25 & February 1, 2018

REFLECT & SHARE: How have you seen God moving in your life during prayer and fasting month? Have you seen breakthroughs in any of your prayer requests? Or movement in a positive direction?

VLOG: Does this topic feel relevant to you? Do you find it hard to discipline other peoples' kids? From this video what ideas did you get? What can you try?

Quieting & Gratitude: hands on belly, take a few slow breaths and let yourself just be.

Make a list of 2-4 people in your life that make you feel joy. People that you feel like you can be yourself around and that encourage you to be a better person.

Focus on one of these people. Think of a specific time when they made you feel genuinely happy. Briefly write down the event. Write down some feeling words for this story (emotions).

Write down some emotion words for this story. What were you feeling during the event? And how did your body feel?

Write out a prayer to God, thanking Him for this person's impact on your life.

Community

Definition

1. A group of people _____ or having a particular

2. A feeling of _____ as a result of sharing _____

attitude, interests, and goals.

Belonging:

1. _____ - it belongs to me

2. _____ - a sense of belonging.

“Belonging is being somewhere where you want to be, and they want you. Fitting in is being somewhere where you really want to be, but they don't care one way or another.”

“Belonging is being accepted for you. Fitting in is being accepted for being like everyone else.”

“I get to be me if I belong. I have to be like you to fit in. “

1 John 3:19 This is how we know we belong to the truth and how we set our hearts at rest in His presence. If our hearts condemn us, we know that God is greater than our hearts, and He knows everything.

Community

Maslow's Triangle:



1. Physiological Needs

2. Safety Needs

3. Social Needs

4. Esteem Needs

5. Self-actualization

DISCUSSION:

What stuck out to you from today's teaching topic?

What do you do in your home to create community? Or what could you be doing to create deeper belonging in your home?

Ideas from other moms:

PUTTING IT INTO PRACTICE (Homework):

1. Write some encouraging notes for your kids/spouse.
2. Think about the question "who are we as a family". If your kids are old enough, engage them in a conversation about what defines your family.
3. Pray for other ideas for how to build belonging in your home. Implement one new idea and be ready to share next session.