

## THE OUTLINE

### PART 2

#### CRISIS MODE LIVING AND OUR FAMILIES

*“Therefore, everyone who hears these words of mine and puts them into practice is like a wise person who built their house on the rock. The rain came down, the storms rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish person who built his house on sand. The rain came down, the storms rose, and the winds blew and beat against that house, and it fell with a great crash.” Matthew 7:24-27*

#### WHAT CAN YOU DO TO BUILD YOUR HOUSE ( YOUR FAMILY) ON A MORE SOLID ROCK?

##### 1. Move Away from **Crisis Mode Living**

- Over-commitment and fatigue paralyzes us in our parenting

*“They were so absorbed in their ‘God projects’ that they didn’t notice God right in front of them, like a huge rock in the middle of the road. And so, they stumbled into him and went sprawling.” Romans 9:32 Message*

- In crisis mode we **economize** and **skim**

- The key is to **eliminate** and **concentrate**

- What is it that you can eliminate in your life and where can you concentrate that has more eternal value?

## 2. Light the Fire again

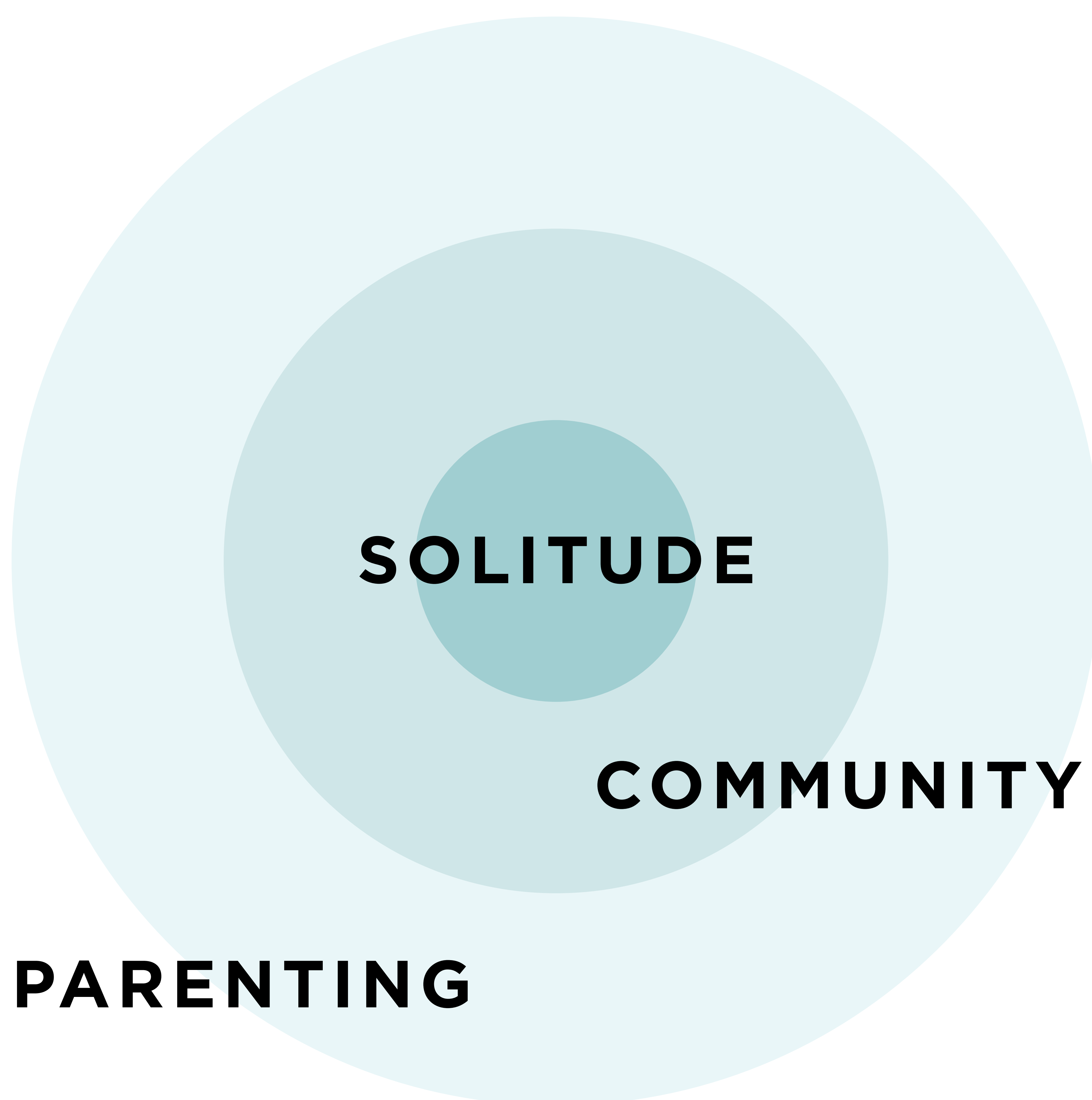
*“Untended fires soon become nothing but a pile of ashes.”*

### | SOUL CARE

*“Our soul is like a stream of water, which gives strength, direction, and harmony to every other area of our life. When the stream is as it should be, we are constantly refreshed and exuberant in all we do, because our soul itself is then profusely rooted on the vastness of God...”*

*- Dallas Willard*

*“What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?” Matthew 16:26*



## CUTTING BACK INVOLVES RESTING AND RELAXING. THE RESULT IS...

- Rest **heals**

- Rest **soothes**

- Rest **gives perspective**

*“In six days, the Lord made heaven and earth, on the 7th day He rested and was refreshed.” Exodus 31:17*

## CONCLUSION

- Question #1: Do I like the person I am becoming?

- Question #2: Is the work of God I’m doing destroying the work of God in me?

- Question #3: Am I giving my family only my emotional scraps?

## PERSONAL & GROUP REFLECTION

### PART 2

#### REFLECTION QUESTIONS:

1. Some people build their home on shifting sand and others on more of a rock foundation. How would you describe the foundation of your home?
2. Have you ever experienced “crisis mode living”? Most people have been through seasons of crisis mode living. How has it affected the health of your family?
3. What does soul care mean for you? Your family?
4. On a scale of 1 to 5, how would you rate the “rest and refreshed” aspect of your and your family’s life? (1 is “needs immediate improvement” and 5 is “doing well.”)
5. Jim ended this section with three questions. Take time to answer all three of these questions. Remember: no one gets it perfect, ever.