FOUNDATIONS
STUDY GUIDE

PERSONAL AND CONFIDENTIAL

1 – KNOWLEDGE WITHOUT APPLICATION IS USELESS

- *Now about food sacrificed to idols: We know that we all possess knowledge. Knowledge puffs up, but love builds up. The man who thinks he knows something does not yet know as he ought to know. But the man who loves God is known by God.* (I Cor 8:1-3)
- *If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing.* (I Cor 13:2)
- *"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams 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 man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."* (Matt 7:24-27)
- *He replied, "Blessed rather are those who hear the word of God and obey it."* (Luke 11:28)
- *Anyone, then, who knows the good he ought to do and does not do it, sins.* (James 4:17)
- *Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom.* (James 3:13)
- *If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth.* (1 John 1:6)

1) Consider I Cor 8:1-3 and 1 Cor 13:2 What change in your thinking do you have, if any, when you consider that all the knowledge you have and seek to have is absolutely nothing, useless, unless you love God and love (do what is best for) others. _____
2) What areas of your life are you not applying truth (be honest)? _____
3) Read and consider the rest of the above passages. What changes might there be in your perspective? _____
4) When truth is revealed to you, ask yourself what the meaning of the truth is and how it applies to your life. If possible, note a time someone shared a new truth with you. _____
5) List a few beneficial facts about overall health that you're aware of but don't often put into practice. _____
6) List a few things about money management, spending less or working extra for example, that you know but don't often put into practice. _____
7) Go through the list of foundations. Choose a few that you already were aware of but haven't done a good job applying in your life. Do your best to come up with what has kept you from applying these consistently.
   _____ _____
   _____ _____
   _____ _____
   _____ _____
8) Go through the list of foundations again. Choose a few that you think you do the poorest job of integrating into your life.
   _____ _____ _____
   _____ _____ _____
9) What are specific things you can do to improve each of them (the list from #7). Examples: Take 5 minutes each day to meditate on some truths. Put a truth reminder note on your desk at work. Do an act of kindness for someone.
   _____ _____
   _____ _____
   _____ _____
   _____ _____

2 - GOD'S LOVE AND POWER

- *This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. I John 4:10*
- *Trust in the Lord with all your heart and lean not on your own understanding* Prov 3:5
- *You will keep in perfect peace him whose mind is steadfast, because he trusts in you.* Isa 26:3

Read the above verses one at a time. Take at least 2 minutes each meditating on their meaning.

1) Choose at least one verse about God's love and one about God's power. Write out what they mean to YOU.
   a. God's Love _____
   _____
   b. God's Power _____
   _____
2) List at least 2 difficult times in your life.
   a. _____
   b. _____
   c. _____
3) How would your perspective be different if you had trusted that God was all powerful and all loving?
   a. _____
   b. _____
   c. _____
4) What more could God do to prove His power, to prove His love? _____
   _____
5) Spend at least 3 minutes meditating on your answer. Note any thoughts. _____
   _____
6) Think about the above earthly parallel of the elite fighting group. Would you trust them? _____ Why or why not? _____
   _____

   What's the difference between trusting them and trusting God? _____
   _____
   _____
7) Visualize yourself with God surrounding you and telling you He's got things under control. Describe yourself being in the perfect peace described in Isa 26:3. _____
   _____
   _____
8) When you trust in the truth, the result is perfect peace. Our emotions can be an indicator of when we're not abiding with Christ. List times of painful emotions (fear, worry, anger, feeling disrespected, unappreciated, etc.) in your life. _____
   _____
   _____
   _____
9) Were you trusting that God had those situations handled? _____
10) If not, write out how your reaction would have been different if you fully trusted God.
   _____
   _____
   _____
11) The next time you have a problem, stop and consider whether you believe that God is all powerful, believing that He loves you. Ask yourself the prior 3 questions.

3 - LOVE GOD AND OTHERS

Consider three ways you spend time with God.

1) Reading, studying, memorizing and meditating on His Word. How would you describe the amount of time you spend doing these?
   a) Reading _____
   b) Studying _____
   c) Memorizing_____
   d) Meditating _____
2) If there's room for improvement, what specifically can you do differently? (Ex: read an extra 10 minutes before getting up) How would you describe the amount of time you spend doing these?
   a) Reading _____
   b) Studying _____
   c) Memorizing_____
   d) Meditating _____
3) Praying at a set aside time.
   a) How would you describe the amount of time you spend doing so? _____
      _____
   b) If there's room for improvement, what specifically can you do differently? (Ex: pray an extra 10 minutes before getting up) _____
      _____
4) Talking to God and seeking how God is communicating with you throughout the day.
   a) How would you describe the amount of time you spend doing so? _____
      _____
   b) If there's room for improvement, what specifically can you do differently? (Ex: set a timer on your phone to go off each hour to remind you to look vertically and reflect on God's perspective of what you're going through) _____
      _____

Consider these three aspects of obedience.

1) Saying no to ungodliness.
   a) What things do you find yourself giving into either out of choice or habit that doesn't please God?
      _____
      _____
   b) Confess them
   c) What do you gain long term by continuing in sin? _____
      _____
2) Make choices to do what is right. This aspect isn't about how we treat others. Your answers for example could be going to church, taking care of your body, or the parts above about time in the Word and prayer. Read Jam 4:17. What aren't you doing that could please God? _____
   _____
   _____
3) Doing everything for God. *Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.* Col 3:23-24 For more depth on this, look at the foundation about the houses on rock and sand.
   a) What parts of your life don't you include God in? _____
      _____
   b) How can you do what you're doing now but do it for God? _____
      _____
      _____

LOVING OTHERS

1) Read James 1:27 What do you do to take care of the truly needy either with time or money?

2) What can you do or do better?

3) Meditate that we are to become Christ-like and what Christ was like. *"just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."* Matt 20:28 What thoughts come to mind?

4) Name at least three family members or friends who you spend most of your time with. List one or two of these that makes them feel most loved? (Quality time, gifts, service, words of affirmation or touch) If you don't know, ask them.

Name	Ways they receive love most from the above list

Name	Specific ways you can love them best

5) Consider your overall attitude as you engage others. In what ways is it not consistent with this verse? *Each of you should look not only to your own interests, but also to the interests of others*. Phil 2:4

6) As you interact with people throughout the day, what can you do to show love to them? For example, smile, compliment, offer to help. Name some people or situations where you can do a better job of loving and what specific action you can take.

Name	Specific ways you can love them best

7) Make a list of people you could add to those you pray for?

4-EVERYTHING in our lives is a gift

- *For it is by grace you have been saved, through faith-and this not from yourselves, it is the gift of God--not by works, so that no one can boast.* Eph 2:8-9
- *You may say to yourself, "My power and the strength of my hands have produced this wealth for me." But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today.* Deut 8:17-18
- *give thanks in all circumstances, for this is God's will for you in Christ Jesus.* I Thes 5:18
- *"Foxes have holes and birds of the air have nests, but the Son of Man has no place to lay his head."* Matt 8:20

For who makes you different from anyone else? What do you have that you did not receive? And if you did receive it, why do you boast as though you did not? I Cor 4:7

1) Write out a list of personal attributes. (Ex. looks, athletic abilities, intellect)
   _____
2) Write out a list of accomplishments. (Ex. Material things, position)
   _____
3) Do you see yourself as better than people who don't have your qualities or accomplishments? Be honest. _____
4) Consider the above verses and write down any change in perspective.
   _____
   _____
5) Write another list of your expectations out of life. Examples could possibly include, but not be limited to: not having physical discomfort, having enough money to do as you wish, or for others to treat you in a particular manner. _____
   _____
6) After meditating on the verses below, write out any changes in your perspective.
   _____
   _____
7) Write out at least five benefits you have because of your salvation.
   _____
   _____
8) Spend at least 3-5 minutes thinking about them.
9) Look at something blank like a piece of paper or the wall. Read Eph 2:8-9. Spend at least 2-3 minutes thinking about what you did to deserve the gift of your salvation which is nothing.
10) Spend at least 2-3 minutes thinking about your view of your value in relation to others in light of what you wrote earlier and considering you can't do anything to deserve an eternal relationship with God in Heaven.
11) Make a list of main categories of physical possessions you own. _____
    _____
12) What did you do to deserve them? _____
13) Make a list of significant benefits you have living now instead of 300 years ago.
    _____
    _____
    _____
    _____
14) On a scale from 1-10, how thankful are you each day for those benefits? _____
15) What would help you be more thankful? _____
    _____
    _____

5 - ALL GOOD AND LOVE IS FROM GOD.

1. What are some of the ways you've been blessed by others.

2. Consider each one as that person being a vessel of the good, the love you received and that love coming from God. What thoughts come to mind?

3. How does that change your view of a time when one of those people let you down?

4. How does it change your view of God loving you through so many people throughout your life?

5. How does seeing all the good as coming from God help you trust Him for the future?

6. Write out some of the sacrificial things you've done for others.

7. Consider that the good, the love, didn't come from you, but came from God and through you. How does that change your view of yourself?

8. How does it change your view of who you are compared to others?

6- IT IS GOD'S WILL THAT YOU GET TO KNOW HIM

Although this study may seem simple and redundant, it will help you learn how to learn about God from the Bible and life events in a manner you may never have experienced. Going through this several times using different examples will help train your mind to seek these important answers.

1) Read through I John 1. Even if you don't learn anything new, write out what can be learned about
   a) God _____
   b) your relationship with Him God _____
   c) what He expects out of you. _____
2) Choose one of your favorite passages in the Bible. Again, even if you don't learn anything new, write out what can be learned about
   a) God _____
   b) your relationship with Him God _____
   c) what He expects out of you. _____
3) As you read and study the Bible, keep looking for the answers to these three questions.
   a) Consider how many earthly examples including the parables are used in the Bible to teach about Spiritual things. God is not limited to teaching us from the Bible. His revelation of who He is and what He expects out of us is all around us. In a following question, the method we should use in testing our perceptions will be dealt with.
   b) On a scale from 1-10, how would you rate how much you seek God in your personal experiences? _____
4) Think about a time when you were hurting. Describe your pain at that time.
   _____
   _____
5) Describe what Jesus went through in His life and death. write out what can be learned about
   a) God _____
   b) your relationship with Him God _____
   c) what He expects out of you. _____
6) Think through at least one other life event. write out what can be learned about
   a) God _____
   b) your relationship with Him God _____
   c) what He expects out of you. _____
7) Thinking about the prior question, what Bible verses confirm that what you believe you learned is true? _____
8) If you can't think of any, use a search engine and put in "verses" along with the topic you believed you learned. Read the verses around that verse or verses. What make you think that the verse you found is in context? If you need help knowing the meaning of the verse, go to the online study guide for this section and you'll find links to enter the passage you have questions about as well as understanding the context it was written in.

7 - THE PAST, PRESENT AND FUTURE

These things happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come. I Cor 10:11
What a wretched man I am! Who will rescue me from this body of death? Rom 7:24
This is the day that the Lord has made. Let us rejoice and be glad in it. Psalm 118:24
Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, Phil 3:13
Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised. Rom 4:20-21
Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." James 4:14

Consider the past. See I Cor 10:11. On a scale from 1-10,

1) Specifically considering your mistakes that are sins, how well have you repented? _____
2) Sins for a Christian go far beyond obeying the 10 commandments. Consider James 4:17 *Anyone, then, who knows the good he ought to do and doesn't do it, sins.* How well have you done in the past obeying this command? _____
3) Confess your sin. I did ____ and it was wrong. Know that you are forgiven. *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.* I John 1:9
4) Ask for God's help to not repeat it or similar sins.
5) How good are you at learning from your mistakes? ___
6) How good are you at learning from what you view as others' mistakes? ___
7) Which ones haven't you done a good job learning from? _____
   _____
8) Why do you think you repeat some mistakes or make the same ones you see others making?
   _____
   _____
9) If you spend time in regret or reminiscing on might-have-beens, what benefit do you receive from doing so?_____

Consider the future:

1) See James 4:14. On a scale from 1-10, how much would you say you worry about the future? ___
2) What benefit do you receive worrying about it? _____
   _____
3) Meditate on Isa 26:3 *You will keep in perfect peace him whose mind is steadfast, because he trusts in you.* How does trusting God for the future help you walk in peace in the present?
   _____
   _____

4) The Bible uses the ant as an example of how we need to prepare for our future by not being lazy in the present. *yet it stores its provisions in summer and gathers its food at harvest.* Prov 6:8 Look up and read Prov 6:5-11. On a scale from 1-10, rate how good of a job you do preparing for the future with your
   a) Health ___
   b) What can you do to do a better job? _____
   _____
   c) Money ___
   d) What can you do to do a better job? _____
   _____

Consider the present:

1) See Psalm 118:24 and Phil 3:13. On a scale from 1-10, how much of your time (not when watching TV, reading, etc.) do you spend thinking about the moment you're living in rather than the past or future? ____
2) What could you change so you would think more about the moment you are in?
   _____
   _____
3) On a scale from 1-10, how much of your time do you spend seeking God in the moment? ___
4) What could you change so you would think more about God in the moment you are in?
   _____
   _____
5) On a scale from 1-10, how much of your time do you spend seeking God in the moment? ___
6) What could you change so you would think more about God in the moment you are in?
   _____
   _____
7) Write out any accomplishments that you believe will make you better please God.
   _____
   _____
8) Read Isa 64:6 *All of us have become like one who is unclean, and all our righteous acts are like filthy rags;* How does that change your view of your accomplishments before God?
   _____
   _____
9) Now, consider that any accomplishments you wrote about are in the future. Close your eyes, and be in this moment. Thank God for what He's done for you. Worship Him for his attributes including His Love and His Power. Tell Him right now you want His will, not yours. In this moment, you can't please God more. Write a short note to God about the present.
   _____
   _____
   _____
   _____

8 – IT IS NOT ABOUT US, OUR DESIRED WAY, IT IS ABOUT GOD

Consider the following, and write out what has conflicted with God's will.

1) The overall focus of your life in the past few years. (Example: getting rich). _____
   _____
2) The focus of your life right now. _____
   _____
3) Recent decisions. (Example: lying) _____
   _____
4) What do you hope to gain by fulfilling your own will if it is in conflict with God's? _____
   _____
5) What change can you make in your perspective to have an ongoing attitude consistent with Luke 22:42? _____

LOOKING AT YOUR LIFE

1) Look at this line representing human history and note the dot.
   ----------.----------
2) That dot compared to a line showing 5000 years of human history is your life. Seeing that dot as your life may help give perspective to understanding that your life is a mist. Write a couple of sentences that describe how you see your life when you picture it is so short compared to even human history, much less eternity. _____
   _____

   Think about the illustration of the bride and pleasing her. Take a moment to visualize yourself giving 20 minutes of completely selfless time to do what pleases God. What does that look like?
   _____
3) Write out what keeps you from making that an hour, or a day or a full week or longer?
   _____
4) What are some significant differences between living your life for yourself and living it for God?
   _____
5) List different aspects of your life below. They could include work, taking care of possessions and spending time with others.
6) Rate each of them on a scale from 1 to 10 for 10 for how hard you work at them.
7) Write out what keeps you from working harder at each of them.
8) Next to each item put a number that prioritizes the importance you place on each item.
9) Place a number next to each of them, and put them in order of the priority you believe God would have you placed on them and circle that number

#7 - #11 Aspects of Life	(1-10) Hard Work	Why not work Harder	(1-10) Importance	(1-10) God's View
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

10) For the tasks, where there is a difference, note what reason you have for having a different priority than God has. _____
11) What is going on differently in your head if you are picturing doing each of those tasks for the Lord. _____
12) Read Matt 22:37-39 How often during the day are these two commands foremost in your mind? _____

13) On a scale from 1 to 10 how much is it **in your mind** to be a witness to unbelievers by your actions? _____
14) On a scale from 1 to 10 how much **are your actions** a witness of God's love to unbelievers. _____
15) Choose three activities you spend a fair amount of time on for leisure or entertainment. If you were living your whole life for God, what would you be doing differently with all or part of that time?

    _____ _____
    _____ _____
    _____ _____

16) Think about a day that you'd typically have. Visualize this day being given entirely to God's glory, and living each moment for Him. Write down 10 to 15 things that you might do throughout that day. It might look like the list below, which are only meant to be some common examples to help spur your thoughts.

    _____
    _____
    _____
    _____
    _____
    _____
    _____
    _____
    _____
    _____
    _____
    _____
    _____
    _____
    _____

- Wake up, thank the Lord for another day.
- Pray,
- Read and meditate on the Bible
- Eating and performing self-care
- Thinking about what God might have in store for you and asking him to provide you opportunities to share his love.
- On the way to work, pray, asking the Lord to show you who you might be able to call while driving and encourage them.
- Before you call (using hands free of course, Jesus never held a phone while driving) you ask the Lord to give you the words to say.
- As you're walking into work. ask the Lord to make your life a witness and to help you show love to your work mate.
- Your focus is working for the Lord, not for your boss or for yourself.
- As you're working, you might get tempted to slack off a bit. You might think, Lord I'm doing this for you, and I'm going to do my best. I remember the Son of Man had no place to lay his head. Working hard for you is the least I can do in this comfortable environment.
- You ask God to help you appreciate the things you might otherwise grumble about.
- On the way home, you might pray about your interactions with your family when you get home or if you're single again the Lord to bring to mind someone you might be able to call or visit to encourage or help.
- If you memorize scripture, it's not a bad time to say, when I am weak, then I am strong.
- If you walk in the door and things are not the way you'd want them, remember again that the Son of man had no place to lay his head.
- You might spend the evening in service and fellowship with those around you.
- You fall asleep thanking God for another day.

9 – DIFFICULTY IN OUR LIFE COMES FROM THE FALL

As you make the below lists, make sure to note times you've been hurt or angry in response to the events happening.

Physical Corruption

1) Make a list of things in your life that have broken, rotten or worn out causing you to have to work either to fix them or to earn money to replace them. _____
   _____
   _____
2) Make a list of illnesses or injuries you have had._____
   _____
   _____
3) Make a list of sicknesses or injuries, or deaths of those close to you that have caused you inconvenience or emotional pain. _____
   _____
   _____

Other People's Sin

Make a list of the sins of others that have negatively impacted your life. It could be anything from their selfishness keeping you from doing what you would have enjoyed to outright meanness directed toward you. _____
_____

Your sin

Make a list of how your sins have caused difficulty in your life or the life of others.

_____
_____
_____

When we don't have realistic expectations, we aren't living in truth. That gives Satan an opportunity to sidetrack us and to get us to react in ways that aren't fitting with children of God. Many times, we confuse realistic expectations with reasonable expectations. Reasonable expectations are the way life should happen if the world wasn't corrupt and people treated each other with kindness. Realistic expectations are achieved by seeing the world and people the way they really are and remembering it.

1) Go through the above lists and put an "R" in front of which ones based on everything that you've observed in the world and history that people would never expect to happen.
2) Spend at least five minutes looking over your list and thinking about these difficult things being part of living in a corrupt world. What if anything changed in your view?
   _____
   _____
3) Pray and thank God that someday He is taking you out of this world into a perfect place where there is no corruption. What are your thoughts and feelings? _____
   _____
   _____

10 – GOD TEACHING US THROUGH CONSEQUENCES

(If you haven't completed the study guide for lesson 9, Difficulty In Our Life Comes From the Fall, it would be best to do so first.)

Go through your answers for the following. For each one as you can, remember the difficulty and perhaps the emotional reaction you went through. Whereas this may seem redundant, it gives you an opportunity to see difficulties in your past with more clarity. You are able to retrain your mind to see your personal life events with God's purpose being the bigger picture. Why wouldn't you want to not only put all that pain to good use but to give purpose to it? For each of the below consider an event, your original and new thoughts and feelings.

Original: List thoughts and feelings you remember having at the time.
New: Look at them perhaps through different eyes, as God's discipline in directing your focus toward Him, to learn to trust Him more, to understand His heart more. Note what different thoughts and feelings do you have?

Physical Corruption

1) Make a list of things in your life that have broken, rotten or worn out causing you to have to work either to fix them or to earn money to replace them.
    a. Event_____
    b. Original _____
    c. New_____

    d. Event_____
    e. Original _____
    f. New_____
2) Make a list of illnesses or injuries you have had.
    a. Event_____
    b. Original _____
    c. New_____

    d. Event_____
    e. Original _____
    f. New_____
3) Make a list of illnesses or injuries, or deaths of those close to you that have caused you inconvenience or emotional pain.
    a. Event_____
    b. Original _____
    c. New_____

    d. Event_____
    e. Original _____
    f. New_____

Other People's Sin

Make a list of the sins of others that have negatively impacted your life. It could be anything from their selfishness keeping you from doing what you would have enjoyed to outright meanness directed toward you.

    a. Event_____
    b. Original _____
    c. New_____

    d. Event_____
    e. Original_____
    f. New_____

g. Event_____
h. Original_____
i. New_____

Your sin

Make a list of how your sins have caused difficulty in your life or the life of others.

a. Event_____
b. Original_____
c. New_____

d. Event_____
e. Original_____
f. New_____

g. Event_____
h. Original_____
i. New_____

Section 1 **When we are doing our best**

1) Write out at least one time when you were treating people properly, doing the right thing, and you were mistreated. _____
2) What would have been different about your attitude and your actions if you had accepted that mistreatment came as a result of the fall of man? _____
_____
3) What would have been different about your attitude and your actions, had you given thought that Jesus went through on purpose, far more throughout his life because of His love for you, than the mistreatment you suffered? _____
_____

Section 2 **When something happens to us**

1) Write out two or three difficult things that have happened to you in your life. _____
_____
2) Just like above, for each of them write out what would have been different in your attitude and your actions if you took those opportunities to better understand how Christ suffered for you. _____
_____
3) For each of them, write out what would have been different with your attitudes and your actions if you accepted what happened as within God's will and used for the purpose of drawing you closer to him. _____
4) For each of them, write out what would have been different with your attitudes and your actions had you believed that what happened will make you a more mature person. _____
_____

Section 3 **When we've done "wrong."**

1) If you struggle with being reprimanded, write out ways in which your attitude would have been different if you had accepted the reprimand as a redirection of your life to a healthier place.
_____
_____

11 – BUILDING ON ROCK OR SAND

1) Consider what motivates you to complete different tasks in your life. Those tasks could be your work, things you do for your family, friends, or others. Ask yourself, "Who are you doing it for?" Most of the time, what would the answer be? _____

2) Think of times when you worked hard and weren't appreciated for it. List one _____
_____

3) Who were you doing it for? Be honest. _____At times, we may do it for ourselves, or to receive praise. At times we may do it for others, to try to please them and there are other times we do things just to make our lives easier. If we are doing things for God, out of obedience, we should not even want anyone to notice. We've already received His pleasure with us

4) In the section, “It is not about us, and our desired way; it is about God,” in question #7, you wrote a list of many aspects of your life. Go to that list, reflect on it and mark each of them with one of the following letters describing how much you do those things for God: A-Always for God, M-mostly, B-both, S-seldom, and N-never.

5) List tasks here that you do the poorest job of doing for God. Write next to them what needs to change for you to be doing them for God. Col 3:23
   _____ _____
   _____ _____
   _____ _____
   _____ _____

6) What benefit do you get from doing things for yourself? _____
_____ Visualize all of that as building on sand.

7) Write out some of the times you have done your "acts of righteousness" to have some personal reward or thanks. _____
_____
_____

8) Now, visualize doing that act out of obedience for God. What different thoughts or feelings do you have? _____
_____
_____
_____
The next time you find yourself looking for a thank you or praise, stop, look upward and at least with your heart say, "I am doing this out of love for you Lord."

9) For the following four questions, rate each on a scale from 1-10 and write what specifically you can do to improve your rating in the future. How would you rate your focus
   a. at work, doing household tasks, or caring for others if you don’t work as working for the Lord and not for men? _____ _____
      _____
   b. getting to better know God and what He expects from you when you read the Bible? _____
      _____
   c. when service for others to be for the Lord, not for men? _____ _____
      _____
   d. taking care of your physical possessions as being for the Lord, not for men? _____
      _____

12 – OUR ONLY SOURCE FOR GUARANTEED TRUTH IS THE BIBLE

1) What changes in your schedule can you make to take more time to seek truth in God's Word?
_____
_____

2) List some mistakes you've made during your life. After each one, write how believing in the truth of the Bible would have helped you avoid them.
_____ _____
_____ _____
_____ _____
_____ _____

3) Make a list of who you have trusted in the past (family, friends, politicians) that you have found out later were flawed or deceptive or that disappointed you in some way. _____
_____

4) Make a list of some man-made things that you thought were trustworthy like a car or something you purchased that ended up disappointing you. _____
_____
_____

5) Consider things you trusted in this world and make a list of some things that disappointed or shocked you. If nothing comes to mind, think of all the things that happened during COVID. _____
_____
_____

6) Looking over questions 2-5, how might having believed in the Bible changed the outcome of those situations? _____
_____

7) What have you believed in the past that was false about anything? _____
_____

8) Where did you learn those false beliefs? _____
_____

9) If a person is looking for truth about God and what He wants from us, what is the most accurate place to find it outside of the Bible? _____

10) If you, understandably so, have a hard time answering this question, how does that change your desire to learn more from the Bible? _____

11) What do you think gets you to trust in man's wisdom rather than the Bible?
_____

12) How has that not worked well in your life?
_____
_____

13) What change in your thinking process might change how you can in the future put more trust in the Bible, in the truth presented to you by God rather than the intelligence of the world?
_____
_____

13 – DECEPTION OFTEN COMES FROM WORLDLY THINKING

1) On a scale from 1 to 20, rate yourself on how good of a job you've done being as responsible as you can be to have sufficient amount of money for later years. 10 would be just the right amount. 20 would be having much more than you could ever need. _____

2) On a scale from 1 to 10 with 10 being all the time, how much is your focus on being responsible with money for the purpose of you being effective in God's service? _____

3) On a scale from 1 to 10 rate how good a job you do taking care of your body. Drinking plenty of water, eating healthy, and getting regular exercise as you are able. If you believe you give too much attention to your body, put a little "x" next to the 10. _____

4) On a scale from 1 to 10 with 10 being all the time, how much is your focus on being responsible with health for the purpose of you being effective in God's service? _____

5) Read Colossians 3:1 on a scale from 1 to 10 assess where you think your heart is on any given day, what is important to you with heavenly things being a 10? _____

6) Read Colossians 3:2 on a scale from 1 to 10 assess where you think your mind is at any given day with how much you think about heavenly things being at 10. _____

7) Go through each of the 6 assessments above and write out specific changes you believe God wants you to make.

8) Health and money are two earthly things where long-term thinking is profitable. What is the result of short-term earthly thinking? _____

9) If you have short-term thinking, why do you think you haven't made past decisions giving thought to the future? _____

10) What are some events in your life that brought about some fairly strong negative emotions?

Event.	Emotion/Feeling
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

11) What deception did you experience during those events because of worldly (horizontal) thinking?

1. _____
2. _____
3. _____
4. _____

12) Look at those events with the lens of your real treasure, your eternal life, being in heaven. Take each event and write out what you are thinking and feeling would be if you were thinking of your life as eternal.

	Thinking	Emotion/Feeling
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

13) How would your thinking and feeling be different if you believe that God loves you and has everything in control?

	Thinking	Emotion/Feeling
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____

14) Health and money are two earthly things where long-term thinking is profitable. What is the result of short-term earthly thinking? _____

_____

15) If you have short-term thinking, why do you think you haven't made past decisions giving thought to the future? _____

_____

16) How do you think you could avoid being deceived into horizontal thinking in the future?

_____

_____

17) How can you take time each day, throughout the day to be thinking about Heaven more?

_____

_____

14 – WE NATURALLY FORGET OUR IDENTITY, PEOPLE'S UNFAITHFULNESS AND GOD'S FAITHFULNESS

1) List some things people have done that have hurt or disappointed you. _____
2) Have you had people or even the same person hurt or disappoint you in the past? _____
3) What made you think they would be different the most recent time? _____
4) Based on your life experience, what would be a realistic (not preferred) expectation from others?
5) List at least 5 times you viewed God as being faithful.
6) What has kept you from thinking of these more when you go through difficult times?
7) What can you do differently in the future? _____
8) What is your identity as a Christian? In other words, how does God see you?
9) Why is it important to keep that in mind? _____
10) What would help you keep that in mind? _____

You answered the below questions in the first study. Go through them again and see how your answers might be different and what additional thoughts you have now that you've completed all the studies.

1) Go through the list of foundations. Choose a few that you already were aware of but haven't done a good job applying in your life. Do your best to come up with what has kept you from applying these consistently.
   a. _____ _____
   b. _____ _____
   c. _____ _____
   d. _____ _____
2) Go through the list of foundations again. Choose a few that you think you do the poorest job of integrating into your life.
   a. _____ _____ _____
   b. _____ _____ _____
3) What are specific things you can do to improve each of them (the list from #7). Examples: Take 5 minutes each day to meditate on some truths. Put a truth reminder note on your desk at work. Do an act of kindness for someone.
   a. _____
   b. _____