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**ICEBREAKER (10 MINUTES)**

If you wear or used to wear glasses, are you or were you nearsighted or farsighted?

**INTRODUCTION (5-10 MINUTES)**

Anchor Verses: 2 Peter 1:9-10

This week we will focus on how a foundation of spiritual qualities helps us keep our balance in our spiritual life.

**INTO THE WORD (25 MINUTES)**

1. Read 1 Peter 1:3-4, Ephesians 1:11-14, and Colossians 1:9-12. We need to remember the importance of a spiritual foundation and rehearse the “building blocks” of that foundation. What connections do you see between our spiritual foundation and the inheritance God has promised to believers?
2. Read 2 Corinthians 12:9-10, Matthew 19:28-30, and Matthew 5:10-12. This week we learned that the closer we get to Jesus, the more we will hate what we used to love, the more this world will not work for us, and the more people without Jesus won’t understand us. Which of these do you find you struggle the most with in building your spiritual foundation?

**APPLICATION (25 MINUTES)**

1. This week Pastor David Smith talked about “spiritual nearsightedness,” which means that when we lack the qualities of a spiritual foundation, we fixate on the one thing in front of us at the expense of everything else and we lose sight that we have been forgiven. When this happens, we lose our balance when trying to take steps in faith. Have you ever experienced “spiritual nearsightedness?” How did you “lose your balance” in your faith? What helped you regain your focus?
2. Read Romans 8:31-39. We need to actively build our spiritual foundation and know who we are in Christ so we don’t have an identity crisis! How does the promise in these verses help us remember who we are and encourage us when we face struggles in building spiritual qualities? Can you think of any other verses that encourage us as we build our spiritual foundation?
3. Read Romans 5:1-2, 2 Corinthians 5:7, and Hebrews 11:1. Pastor David Smith reminded us that if we are not growing in the qualities of a spiritual foundation, we will face crippling doubt. How does God’s love help us resist doubt and walk in faith?



**PRAYER (10 MINUTES)**

*Dear heavenly Father,*

*Thank you for loving us and reminding us that no matter what struggles or doubt we face, our faith is found in You. You work in us as we follow You to help us build a firm foundation of spiritual qualities, so please help us keep our focus on You. When we develop “spiritual nearsightedness,” please remind us of Your goodness and love, and help us regain our focus so we keep our balance as we take steps of faith. It is only in You that we find our confidence and strength.*

*We pray all these things in Your excellent name. Amen.*