

Discussion Guide

May 25, 2025

Think About It: Week 4

Who Told You That?

Pastor Daniel Groves

Main Idea

This sermon challenges us to examine what our lives are built on temporary, shifting sand or the unshakable foundation of Jesus. Storms will come, but they reveal whether our faith is simply inspirational or deeply anchored. Through the BUILT framework, we're called to develop a resilient, truth-filled life that withstands pressure and glorifies God. The main idea is this: You were not made to crumble, you were built by God to stand strong, live boldly, and endure every season with confidence in Christ.

Anchor Passage

Philippians 4:8 (AMP)

"Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart]."

Read Matthew 7:24–27; James 1:2–4

1. B – Battle-Tested Faith

- **Scripture Anchor:** James 1:2–4
- **Key Insight:** Trials refine faith so we're not swept away by pressure.
- **Question:** Which "battle" in your life has most strengthened your faith and how did it shape your foundation?

2. U – Unlearn Worldly Lies

- **Scripture Anchor:** Romans 12:2
- **Key Insight:** Transformation requires rejecting cultural vs. biblical narratives.
- **Question:** What's one common "lie" you've had to unlearn in order to build on Christ?

3. I – Internal Focus, Eternal Mindset

- **Scripture Anchors:** Romans 8:6; 2 Corinthians 4:18
- **Key Insight:** Keeping our eyes on eternity shields us from storms.
- **Question:** How has an eternal perspective helped you endure a current or past trial?

4. L – Locked-In on Truth

- **Scripture Anchors:** Philippians 4:8; Isaiah 26:3
- **Key Insight:** Meditating on God's truth steadies our hearts.
- **Question:** What verse or truth do you return to when storms arise and why?

5. T – Truth in Action

- **Scripture Anchors:** James 1:22; Matthew 7:24
- **Key Insight:** Hearing without doing leaves us built on sand.
- **Question:** What step of obedience do you feel called to take this week to prove your foundation is solid?

SUMMARY

Pastor Daniel used the **BUILT** acronym to walk us through how God develops spiritual strength in us through real-life pressure. He taught that being built by God doesn't mean we avoid storms, it means we're equipped to outlast them. Each part of BUILT highlights a habit of the mind and heart that strengthens our foundation, from rejecting cultural lies to locking in on eternal truth. PD also shared personal stories and practical Scriptures to show how storms test our structure, not our value. The message challenged us to examine what we've built our lives on and to rebuild where necessary.

CALL TO ACTION

Assess Your Foundation: Identify which BUILT letter is weakest in your life and ask God to strengthen that area.

Daily Meditation: Choose one anchor verse this week to memorize and meditate on each morning.

Live It Out: Pick one practical step of obedience related to SOLID foundations then share your progress with a friend.

GROUP LEADER RESOURCE

Activity: Foundation Blocks

Setup:

Provide each small group with two sets of identical building blocks (e.g., Jenga, foam blocks, LEGO). Label one set “**Rock**” and the other “**Sand.**”

Instructions:

- **Round 1:** Build a tower using the **Sand** blocks. Once built, gently shake the table to simulate a storm. Observe the collapse.
- **Round 2:** Rebuild the same tower using the **Rock** blocks. Shake the table again. Observe the difference.

Debrief Questions:

1. How did it feel when the **Sand** tower fell apart?
2. What was different about the **Rock** tower under the same storm?
3. In life, what are your “**sand**” **practices** habits that look good but collapse under pressure?
4. How can you replace them with “**rock**” **practices** grounded in Christ?