

5. If you could compare your life to a house, and every room in your house to a living space in your life, what would a building inspector say?

Let one person in your group read the description of one room below. Then, let everyone in your group call out a number from 1 to 10—1 being SHAKY and 10 being ROCK SOLID. Then, go on to the next room and let everyone call out a number for this room.

LIVING ROOM: I have my life in order; I know what I want to do; my values are well-defined; my moral principles are clear; I am feeling good about myself and my lifestyle right now.

1 2 3 4 5 6 7 8 9 10

RECREATION ROOM: I have a healthy balance in my schedule for leisure; I use my spare time carefully—to restore my mind and spirit as well as my body; I am feeling good about my priorities and the way I use my time.

1 2 3 4 5 6 7 8 9 10

FAMILY ROOM: I have a good relationship with my family; we have learned to talk about our differences; we deal with our conflicts; we build up one another during "stormy" times; I am feeling good about my family and enjoy being with them.

1 2 3 4 5 6 7 8 9 10

LIBRARY: I feed my mind in wholesome, appropriate and balanced ways; I make decisions based on definite values and moral principles, and don't just cave in to the pressures of the world.

1 2 3 4 5 6 7 8 9 10

PHYSICAL FITNESS ROOM: I try to keep in shape and maintain a healthy lifestyle; I can sleep nights and weather the "storms" of life without getting fatigued and depressed.

1 2 3 4 5 6 7 8 9 10

GUEST ROOM: I have a good relationship with my friends; I enjoy being with people without feeling dependent upon them; I can belong to the crowd without accepting or bowing to their values; I can stand against social pressure to conform, yet am sensitive to open the door when someone needs a little warmth.

1 2 3 4 5 6 7 8 9 10

6. Being totally honest, what is the foundation you depend on?

☐ my abilities ☐ my status
☐ wishful thinking ☐ self-confidence
☐ good health ☐ other people
☐ my resources ☐ faith in Christ

7. If you could compare your spiritual foundation right now to a house, what would it be?

☐ shaky ☐ solid
☐ brand new ☐ temporary
☐ slipping ☐ rebuilding

8. In the last year, would you say your spiritual formation has gotten weaker or stronger?

9. What "storm" are you facing now? How can the group pray for you right now and in the days ahead?