



# Sermon Discussion Guide

August 9, 2026 | Healthy Homes: Foundations | Psalm 127 | Jerrod

## Summary

**Big Idea: A Healthy Home is built on trust in God, where we receive his blessings and release his gifts**  
Every building project begins with a blueprint & foundation. The same is true for building a healthy home. In this passage, we are taught about the foundation of how God builds his people, his temple, and the family. Through this, we are encouraged and challenged to examine our motives for how we are building and what it means for God to be in his rightful place. The carry-over question from last week remains the same: In whatever stage or season of life you are in, "Based on Psalm 127, at the foundational, blueprint level, what does it mean for you to build health in your home, your church, and your community?"

## Discussion Questions

1. For groups that were on pause over the summer - catch up! Reflect over the summer by asking what was good/fun, what was bad/hard, and what is coming next?

### Read Psalm 127

2. In verses 1-2, what does the author describe as "vain"?
  - a. How would you describe, explain, or illustrate this way of living?
  - b. Where have you experienced this in the past? Where are you tempted or where do you struggle with this now - in house-building or city-watching or toiling anxiously?
  - c. What is the remedy for this vain way of life?
    - i. How can this truth - trusting in God - shape what you are trying to create and conserve in this life?
3. In verses 3-5, where and what is the purpose and direction of raising children (physical or spiritual children)?
  - a. Our family ministries (KiDS & Students) have a ministry map that includes guiding information for parents to be intentional to Read, Pray, Teach, and Do the Bible with their families.
    - i. Of those 4 components, which one is stronger for you? Weaker?
    - ii. What would growth look like for you as you think about ministering to the next generation?
4. Interact with the following quote from William Carey - *"I am not afraid of failure. I am afraid of succeeding at things that do not matter."*
  - a. How do you react to this? Where are you "succeeding" or pursuing success and achievement in things that don't really matter?
  - b. What would it look like for you to go back to the foundation level, to reorient your heart, motives, and desires around trust in God, His Gospel and His mission?