

COMPANION TO DAY 2 • BUILT ON A ROCK

Foundation Vision Guide

Picture faithful stewardship one year from now. Then choose a practice to begin.

Faithful Fitness, Day 2, pages 8–10. Scripture: Matthew 7:24–27.

Begin with prayer. Jesus describes the wise builder as someone who hears His words and acts on them. Ask the Holy Spirit to help you picture daily life shaped by that obedience, including how you nourish, move, and rest your body.

Today's date

One year from now, an ordinary day could look like...

Write or draw. Picture your morning, meals, movement, evening, and relationships. Describe practices you can influence; leave room for your circumstances to change.

Who or what would this help me serve?

Connect your picture to the people and responsibilities God has entrusted to you.

During a difficult week, what would faithfulness look like?

Include adapting, receiving help, or returning after an interruption.

Your picture is a prayerful direction, not a prediction or a test of your worth. Print to draw by hand, or type into the fields in a compatible PDF reader and save a copy.

GIVE THE VISION A FIRST STEP

Build for a real week.

Choose one place to begin. Give the action a time, prepare for an interruption, and review what you learn. Your plan should fit your present capacity.

A WORKED EXAMPLE

"I leave movement to chance. After lunch on Monday, Wednesday, and Friday, I will take a short walk that fits my capacity. If weather interferes, I will use a suitable indoor space. If I miss a day, I will return at the next planned opportunity."

One gap between my vision and my current routines

Name a specific pattern in nourishment, movement, or rest.

This week I will...

Name the action, when you will do it, and how often. Choose something realistic.

If an interruption comes, I will...

Name a likely obstacle, a workable adjustment, and how you will return if you miss.

Support I can ask for**My review date**

At your review: What did I actually practice? What helped or got in the way? What will I adjust? Keep the next step clear and return to it.

For the full video devotional with Coach Alex, [join the CORPS](#).

For personal coaching to turn your vision into a plan, [explore Jumpstart](#).