

LANCE AND BROOKE INGRAM

FOUNDATIONS

365

A year of quick biblical
declarations to help parents
build a child's identity

*“Foundations 365
is an intentional
resource that daily
equips parents as
spiritual trainers
amidst the chaotic pace
of life with children.”*

An Overview

from Lance and Brooke Ingram

The home is the most valuable spiritual training ground for our children...and there's not even a close second. The home is the most crucial "church" our kids will ever experience. After all, they spend an estimated 85% of their time at home from birth to 18 years old. We as parents are our children's primary influencers. Not only are we the most important disciplinarians in the lives of our kids; we are also the most important *disciplers*. Meaning, we are the most influential pastors that our children will ever be exposed to. This means we must have weapons in our arsenal that help us equip our kids daily with the foundation of Jesus—God's Word manifested as a Man.

Enter this resource. *Foundations 365* is something my wife and I needed *for ourselves* to excel in our most pressing assignment as parents—spiritual training. As parents, we are trainers. And as we took on that trainer's mindset, we keyed in on a trio of tactics that we believe are critical to execute every day. See, my wife and I (probably much like you as a parent or grandparent) desperately desire to engage in—to actually be a part of—these three intentional objectives in training our children. First, we want to build our children's identity on God's Word. Second, we want to enrich our children's knowledge of God's Word. And third, we want to shield our children with the all-powerful weapon of prayer in Jesus' name.

In a nutshell...Give them *a declaration of identity* to voice out loud, speak *a scripture* for them to absorb, and pray *a prayer* of protection over them...all in one or two minutes. Because after all, the chaotic pace of culture is downright suffocating. It's a relentless grind. That's why we personally needed a single book to utilize on a daily basis, whether around the kitchen island before work, in the school car line during drop-off, in the parking lot after basketball practice, or beside the bed before tucking in for a night's rest. So we created the solution—*Foundations 365*. And now we feel like we can be a part of building our children's all-important spiritual core.

Parents, we must understand that our words hold *enormous* weight in our children's self-perception and life direction. What we speak over them foreshadows their future. So each morning after breakfast or evening before bed, we try to pray intentional words over our kids—Crew, Oakland, and Natalee—and they can tell you that every single night, we pray that God *grows* them, *guides* them, and *guards* them.

These three specific aims inspired this resource:

First, we want to **grow** our children's identity on Jesus. We want them to know who they are as God's children. By knowing who they are, our kids will know what to do...because identity determines behavior. For this, there are **365 biblical declarations** for our children to speak out loud.

Second, we want God to **guide** them. By knowing God's Word—Jesus Christ Himself—our children will have the Holy Spirit's wisdom to navigate life's chaos. For this, there are **365 crucial scriptures** for our children to hear and absorb.

And third, we want to **guard** them. We know the unrivaled power of prayer. It is a shield. It protects our children with a personally-assigned, supernatural security detail. For this, there are **365 powerful prayers** to pray over our children.

It's a simple strategy: Grow. Guide. Guard. Grow with biblical declarations. Guide with crucial scriptures. Guard with powerful prayers. God designed and positioned us as parents to be involved in these three invaluable strategies as we build our children's foundation on Jesus Christ as 1 Corinthians 3:11 says:

"For no one can lay any foundation other than the one we already have—Jesus Christ."

So let's get ready to build our children's foundation on Jesus. Day by day. Plank by plank. Brick by brick. When we do this, the results are evident, as Jesus told us in Matthew 7:24-25:

"Anyone who listens to My teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock."

January 1

Tell your child to declare this truth:

The Bible is the key to my most satisfying life.

Speak this scripture to your child:

"My child, never forget the things I have taught you. Store [God's] commands in your heart. If you do this, you will live many years, and your life will be satisfying." - Proverbs 3:1-2

Pray this over your child:

God, You have given us this special book called the Holy Bible, and it contains *Your* words. It is *Your* voice spoken with absolute authority. It is *the* standard. It is truth. It is the only foundation for freedom, and it is the only information that makes life make sense. God, *Your* Word holds everything together. We trust it. We build our lives on it and base our living around it. God, *Your* Book not only reveals who *You* are, but also, who *we* are. *Your* Word is the only key in existence that can unlock the door to our hearts and show us the pathway for our most satisfying life. God, the world's ideas and standards of how to live our lives will *always* lead us to confusion and disappointment, but *Your* Word leads to true life. We want to store *Your* commands in our hearts and minds so that we experience peace and fulfillment. God, teach us *Your* truths every day as we grow in *You* this year. In Jesus' name we pray this.

January 2

Tell your child to declare this truth:

God is Creator of everything.

Speak this scripture to your child:

"In the beginning God created the heavens and the earth. The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters." - Genesis 1:1-2

Pray this over your child:

God, we know You are real. We declare right now that You rule over everything—time, space, matter, life, science...the entire universe came from You and is under Your control. God, You exist. You have existed from the beginning, and You are Creator of everything we see and everything we don't see. Earth and all of its creatures didn't evolve from scientific matter; You made them all. It is no accident that our planet is perfectly situated in space to provide just the right amount of oxygen, gravity, light, and heat for us to survive. You *invented* science, and You created the radiant sun, cobalt blue skies, sapphire seas, majestic mountains, roaring lions, thunderous lightning, monstrous oak trees, and every living being. God, Your artistry is unavoidable when we see the wispy, cotton candy clouds of breathtaking sunrises and piercing orange light of spectacular sunsets. You even painted jaw-dropping galaxies that we as humans haven't discovered yet. Everything in nature points to Your existence. All of creation sings of Your glory. God, we have absolutely no clue how big You really are. We praise You for Your creativity and power. In Jesus' name we pray this.