



# MY FOUNDATION

## EMPOWERMENT +

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*"Many economic and social problems are overcome when people of different religions and beliefs work together in faith and action."*

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President Religious Freedom & Business Foundation

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# 1: THE LORD HAS THE POWER TO BLESS YOUR LIFE

**Read:** "The Hope and Promise of a Full Life" (at end) and discuss.

**Read:** The story is told that the prophet Abraham prayed with his wife Sarah for many years to have a son. When he and his wife were too old to have children they lost hope. One day, after Abraham went looking in the heat of the day for people to help, the Lord appeared at the door of his tent. Abraham fell down at the feet of the Lord. The Lord promised Abraham he would have a son. Abraham's wife Sarah laughed because it seemed impossible. But the Lord asked, "Is anything too hard for the Lord?" (Genesis 18)

**Reflect:** Before watching the video, ask yourself, "Do I believe the Lord can help me with the things that seem impossible in my life? What do I need to do to receive the Lord's help?"

**Watch:** "Exercise Faith in the Lord" (No video available? Read the script on page 5.)

**Discuss:** What can we do to show more faith in the Lord as we work to become more empowered?

**Read:** Empowerment is the ability, commitment and effort to provide the essentials of life for yourself and for your family. With the Lord's help all of us can become more empowered.

**Discuss:** Does anyone have an example of when the Lord accomplished the impossible in their life?

## ACTIVITY

**Step 1:** Choose a partner and read the quotes and scriptures in the table below and in the margins to the right. While reading, think about your trust in the Lord.

**Step 2:** After reading, talk about how you will increase your faith and trust in the Lord.

### TRUST IN THE LORD

"And he [for 40 years] . . . fed thee with manna. . . that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord." (The Bible, Deuteronomy 8:3)

"And it is my purpose to provide for my [people], for all things are mine... For the earth is full and there is enough to spare." Doctrine and Covenants 104:15,17

*"Test me now in this, saith the Lord... if I will not open for you the windows of heaven and pour out for you a blessing until it overflows."*

**THE BIBLE**  
MALACHI 3:10

*"But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you?"*

**NEW TESTAMENT**  
MATTHEW 6:30

*"Moses said, No! Indeed, with me is my Lord; He will guide me." Then We inspired to Moses, "Strike with your staff the sea," and it parted, and each portion was like a great towering mountain."*

**QUR'AN**  
SURAH 26:62-63

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“God is He Who gives all Sustenance– Lord of Power– Steadfast forever.” (Qur’an The Winds that Scatter 51:58)

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**Promise:** Promise to do the following actions during the week. Check the box when you finish each promise.

Read *The Hope and Promise of a Full Life* (found on the first page of the manual) again this week and underline the benefits of increasing your faith in the Lord. Write your thoughts below:

Write two specific ways you will exercise your faith in the Lord this week:

Share what you’ve learned today about faith and empowerment with your family or friends.

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### EXERCISE FAITH IN THE LORD

If you are unable to watch the video, read this script.



“Taking action is the exercise of faith. The children of Israel are carrying the ark of the covenant. They come to the River Jordan. The promise is they will cross over on dry land. When does the water part? When their feet are

wet. They walk into the river—act. Power follows—the water parts. We oftentimes believe, “Okay, I’m going to have this perfect understanding, and then I’m going to transform that into what I do.” I would suggest that we have enough to get started. We have a sense of the right direction. Faith is a principle—the principle—of action and of power. True faith is based in and on the Lord and always leads to action.”

*“Whatever you do, do it as a dedication to God. This will bring you the tremendous experience of joy and life - freedom forever.”*

**BHAGAVAD GITA**

*“Silent faith is dormant. It cannot impact the physical world unless it is physically expressed. This is why the waters waited. They waited for our ancestors to give physical expression to their faith.”*

**RABBI LAZER GERKOW**

# THE HOPE AND PROMISE OF A FULL LIFE

Welcome to My Foundation! This group has come together because each of us is searching for greater peace, happiness and empowerment in our lives.

The Lord does not want us to suffer in poverty, fear or abuse. He will help us become more empowered so we can live a life of peace.

The author Richard Holmes said, "You are who you are because of your experiences and not in spite of them." If we have known poverty, fear and anxiety, we can build on what we have experienced as we look to the Lord for help, direction and understanding. He will help us see our potential so we can create a better life.

This workbook has been created to help us start this journey and act with faith and courage in our lives. It will help us live principles of truth, faith and education and hard work. We will learn to trust the Lord more so we can live a full life.

As we move through this workbook we will see a mix of spiritual principles and scholarly learnings. This was done to bring together the power of faith with the best teachings on becoming empowered.

The spiritual principles in this workbook show some of the best teachings of some of the major world religions: Christianity, Islam, Judaism, Hinduism and Sikh. These faith traditions have been combined together to help increase our faith and our promise to living an empowered life.

Our success, and the success of our group, depends on our effort. If we promise to live the spiritual principles taught in this book, and share them with our family and friends, we will find the spiritual peace and happiness we are looking for.

As we start this journey towards empowerment to better provide for ourselves, our families and our loved ones, we will likely have struggles and set-backs, but also great successes. This is part of the process and gives us the chance to improve our faith in the Lord and trust Him for help and direction. We are His children and He knows us and our strengths and will help us have a full life.