

Foundation Six

Integration

Living FIRST Every Day

“Human flourishing is not an event. It is a way of living.”

Preparing the Soil

Every meaningful journey eventually reaches a beautiful moment,
...not the finish line, the threshold.

A threshold is different from an ending.

An ending says, “It is over.”

A threshold says, “It is beginning.”

LifeCare FIRST has never been about completing six foundations.

LifeCare is about becoming the kind of person who lives these foundations every day.

Today you stand on a threshold.

Behind you are the conversations.

- The reflections
- The tears
- The discoveries
- The courage
- The relationships

Ahead of you...

- Life
- Beautiful
- Ordinary
- Unexpected

A Sacred life.

The Big Idea

The purpose of LifeCare FIRST has never been information.

The purpose has always been formation, not simply learning new ideas.

LifeCare is about a new way of living.

Formation happens quietly:

- One choice.
 - One conversation.
 - One relationship.
 - One act of courage.
 - One act of forgiveness.
 - One day at a time.
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FIRST Becomes a Lifestyle

Forgiveness is no longer merely a lesson.

Forgiveness becomes a daily practice of releasing what no longer belongs.

Intity becomes remembering your inherent worth each morning.

Responsibility becomes faithfully tending what has been entrusted to you.

Support becomes intentionally cultivating life-giving relationships.

Transition becomes courageously welcoming each new season.

These foundations are no longer six sessions,

...they become six rhythms,

...A way of walking through life.

The Daily Rule of Life

Every morning ask yourself:

- What do I need to release today?
- What truth about my identity do I need to remember?
- What has been entrusted to my care today?
- Who needs my Presence today?
- What faithful step is life inviting me to take today?

Every evening ask:

- Where did I experience life today?
- Where did I offer life today?
- What am I grateful for?
- What am I learning?
- How am I becoming?

These questions are not homework.

They are companions.

Becoming a Life-Giving Presence

The goal of LifeCare FIRST is not simply that you flourish.

The goal is that *your flourishing becomes nourishment for others*.

- May your family experience greater peace because of your growth.
- May your friendships become deeper.
- May strangers feel seen.
- May those who grieve discover hope.
- May children feel safe.
- May caregivers feel encouraged.
- May those who are lonely discover companionship.

- May your ordinary presence quietly change extraordinary moments in another person's life.

That is success.

Returning to the River

Remember the river...

- It receives.
- It flows.
- It nourishes.

Remember the orchard...

- It grows.
- It bears fruit.
- It feeds others.

Remember the foundation...

- It quietly supports everything built upon it.

Now remember your own life...

- You have received.
- You have cultivated.
- Now continue participating in the flourishing of the world around you.

The journey continues.

Presence Pause

Sit quietly.

Take one slow breath.

Notice how far you have come.

Not how far you still have to go.

Offer gratitude.

For your courage.

For your honesty.

For your willingness to begin.

Now gently ask yourself:

“What kind of presence do I want my life to become?”

Remain there for a few quiet moments.

Sometimes the deepest answers arrive in silence.

Reflection

As I leave this journey...

The greatest thing I have released is...

The greatest truth I have remembered is...

The responsibility I now embrace is...

The relationships I will continue nurturing are...

The next season of my life is inviting me to...

The kind of person I hope to become is...

Living FIRST Every Day

- Release

- Remember
- Choose
- Connect
- Step Forward
- Continue

These are no longer simply words.

They are the rhythm of a flourishing life.

Return to them often.

Especially during difficult seasons.

They will continue serving you long after this course has ended.

Final Blessing

May your life become like a deeply rooted tree,

- standing with quiet strength through every season.

May your heart become like a river,

- continually receiving and continually giving life.

May your presence become a refuge for the weary,

- hope for the discouraged,
- peace for the anxious,
- and encouragement for those who have forgotten their worth.

May you never stop becoming.

May you never stop learning.

May you never stop loving.

May you faithfully cultivate the life entrusted to you,

and in doing so...

may countless others discover that they too carry inherent worth,

and the capacity to become more than their wounds.

- Go in peace.
- Go with courage.
- Go with hope.
- Go and become a life-giving presence.