

## How Firm is Your Base?

### **Ready:**

“The rain fell, the rivers rose, and the winds blew and pounded that house. Yet it didn’t collapse, because its foundation was on the rock.” Matthew 7:25

### **Set**

One of the most overlooked participants on a competitive cheer squad, especially when a routine is going well, is the athlete called the “base.”

As a matter of fact, when a cheer squad is nailing their routine, the base will hardly be noticed at all. However, when a “flier” misses a landing or a base misses a catch, I guarantee the base will be noticed. You see, the base is the foundation; everything must be built upon and supported by a firm base. A good base will have several outstanding characteristics.

First, a base must be strong. Second, a base must be balanced. A base must also know how to lift a flier and, finally, a good base must be able to cradle or catch a flier. If a cheer squad has athletes that are strong, balanced, and able to lift and cradle, then the foundation of their routine will be solid.

From a spiritual perspective, our daily routine needs to have a solid foundation as well. There are times in our lives when we need strength. There are other times when we need balance. All too often I can remember needing to be lifted up and, yes, occasionally we need to be cradled. The wonderful thing about being a Christian is that Jesus, our Foundation, is the only “base” we will ever need.

Here’s why:

1. Strength - Philippians 4:13 reminds us that we can do all things because Jesus gives us strength.
2. Balance - Jesus is the perfect example of balance. John 11:23-25 tells us that Jesus is the resurrection and the life. If we believe in Him we can have life through His death. Knowing this eternal truth can help us balance all that we experience in our daily routine.
3. Lift - Jesus will lift us up just as he lifted up David in Psalms 40:2 (NIV), “He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.”
4. Cradle - Jesus will also catch us when we fall just as he did for Peter in Matthew 14:31 (NIV) after Peter took his eyes off Jesus, “Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt???”

We don’t have to be noticed to contribute to a good routine. The secret to having a great

routine in cheer and in life is having a good ?base?!

## Go

1. Do you have the strength you need for your daily routine? Where do you get your strength?
2. How do you keep your spiritual and sports life balanced?
3. When was the last time Christ used you to lift up someone else?
4. Do you trust Christ to catch you when you fall?

## Workout

Psalm 28:7 Psalm 27:1



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