

## **Unshakeable Foundation**

### **Ready:**

“...For the foundations of the earth are the Lord’s, and on them He has set the world.” – 1 Samuel 2:8

### **Set**

Have you ever gone through a season where it feels like the world is spinning out of control? Maybe, you’re in one right now! Maybe the senior season that you’ve waited anxiously for has just been cancelled, or your efforts to motivate and build up your team don’t seem to make any difference, or you are trying to balance a schedule of school and practice and time with your friends and family all while facing the changes of our world. 2020 was an unprecedented year--unpredictable and overwhelming. But as athletes, coaches, and followers of Christ, we have been walking in unpredictability for some time now; every new year and new season comes with unplanned events, disappointing realities, and exciting opportunities.

There is no possible way to ever truly know what is up ahead. When the realities set in and they blow up our expectations, it can leave us that feeling depleted and broken. How do we find strength and stand on our feet? Do not be mistaken, as overwhelming life might be, our God is also overwhelming in strength, in love, and in hope! God’s Word tells us that the foundation of the earth belongs to him, and the world is set firmly on that foundation. This means that nothing has occurred that has not passed through His hands. This season might be crazy, or challenging, or daunting, but God saw it coming.

Allow your Heavenly Father to be your firm foundation. Remember the decision you made to follow Christ with your whole heart. When you are feeling weak and let down, or when you are feeling strong and ready, take up the hope of knowing that God is a firm foundation underneath of you. He is always in control and forever looking out for you because He loves you.

### **Go**

- Do you ever feel like the world is crashing down around you?
- Do you trust God daily even when the unexpected is the reality?
- How does knowing that God is your firm foundation change the way you live?

### **Workout**

Isaiah 41:10; Proverbs 19:21; Matthew 6:34

### **Overtime**

“Heavenly Father, thank You for who You are and for giving me a firm foundation to build my life upon. Forgive me for the days when I doubt the strength You have given me. I want to trust in You in everything even in uncertainty help me to remember who You are. I love You, Lord, in Jesus Name I pray, Amen.”

**Bible Reference:**

1 Samuel 2:8  
Isaiah 41:10  
Proverbs 19:21  
Matthew 6:34



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/unshakable-foundation>