

## **Firm Foundation**

### **Ready:**

"Therefore, everyone who hears these words of mine and acts on them will be like a sensible man who built his house on the rock." - Matthew 7:24

### **Set**

The foundation for success in any sport relies primarily on the mastery of fundamentals. As a high school basketball coach for over 30 years, I know the importance of teaching a skill the right way. Mastering a skill is not about how much you practice, it's about what you put into that practice and the mind set in which you do it. Building a championship skill set must be built on a firm foundation. Time and time again, I have seen players falter in competition and fold like a house of cards when the going gets tough.

I have also seen players thrive against very good competition because of the confidence they have in their skill set. They have listened to their coaches, put in the appropriate time, and built the skill with the proper mindset. In order to weather the storm of tough competition, your skill set must be solid and strong. In the same way, if we overlook the fundamentals of building faith in our Christian walk, the tough competition of life could leave us defeated. Again, it's about listening to our coach (Jesus Christ), putting in the appropriate time (schedule it in), and doing it with the proper mindset (know why you're doing it).

Reading God's Word and spending time with our Lord in prayer are Christian skills that must be practiced properly. We must constantly be looking to our life coach Jesus Christ to help us with practicing these skill sets. This will assist us in our decision making as we pursue our purpose through Him. And when the storms of life come our way, and they will, our house will stand because it is built on a firm foundation. That is Jesus, our Rock!

### **Go**

1. Can you remember a time in competition when your skill set did not hold up to the competition? How did that make you feel?
2. Can you think of a talented athlete with tremendous potential who didn't have a Christian skill set strong enough to weather the storms in their life?
3. What commitments have you made (or will you make) to master the Christian skill sets so your house will have a firm foundation?

### **Workout**

Matthew 7:24-27; 1 Timothy 6:19; Luke 6:48

### **Overtime**

Gracious Heavenly Father, thank you for the abilities you have gifted me. To master a skill it requires the proper practice with the proper mindset. I cannot defeat the competition without it. Lord, I need You. I know what to do. Give me the right mindset to listen to You, Jesus, my master coach. Help me to dive into your Word daily and apply it to my life. May I be in constant communication with You through prayer. When the tough competition and storms of life come, help me to rely on the firm foundation built on You, my Rock and Redeemer. In Your strong and powerful name I pray. Amen.

**Bible Reference:**

Matthew 7:24-27

1 Timothy 6:19

Luke 6:48



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