

## **A Strong Base**

### **Ready:**

“Everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock.” – Matthew 7:24

### **Set**

A solid base is crucial in athletics. When stunting, cheerleaders need a solid base beneath them to hold them up and catch them after being tossed into the air. Linemen must hold a solid baseline, not allowing the opposing team through. Basketball players post up and hold a solid base. Pitchers pitch using the entire base of their body. Gymnasts engage their core as they soar through the air and land on a four-inch beam. Swimming, wrestling, soccer... every single sport demands a strong base. Without it, athletes and teams will fail.

Our faith is the same. The Bible is clear: what we build our faith upon determines how strong and steady our faith will be.

Matthew 7 gives two pictures of bases. If we trust and obey God's Word, we build our faith and lives on solid rock and will have a solid base. When the storms and rain of life come, we won't be shaken.

However, if we don't trust or obey God's Word, we build our faith and lives on sinking sand. Sinking sand isn't just a weak base; it is no base at all. When the storms of life come, our faith will easily be shaken and blown over.

God desires us to have a solid base to build our lives. The base we trust to hold us up shouldn't be our talents, accomplishments, grades, wins, losses, or even how many times we go to church. Our base that we trust to hold us up is Christ! He is our solid base. We should put our entire faith in Him. Building our lives on Christ means we may get shaken up by the storms of life, but we will never fall.

### **Go**

- In your sport, why is a strong base important?
- Why is it dangerous to build our lives on things that will pass away?
- How can you build your life on Christ, the solid base?

### **Workout**

Exodus 15:2

Psalm 62:2

Psalm 62:8

Matthew 7:24-27

### **Overtime**

“God, help me understand how I have been building my life and what I am placing my faith in. Forgive me for building my life upon myself. Help me rebuild it on You, my solid rock and base. Thank You for giving me a strong foundation that can never be moved. Amen.”



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