

## **A Real Foundation**

### **Ready:**

“For no one can lay any foundation other than what has been laid down. That foundation is Jesus Christ.” – 1 Corinthians 3:11

### **Set**

If your sport is played on a field, you have probably played on a wet field at some point.

Football and soccer, for example, don't necessarily cancel games for rain, and the water can make it difficult to get proper footing. If you watch games played in the rain, you will see athletes slip and fall. That is frustrating for fans, coaches and especially the athletes. Having sound footing is essential in athletics.

In all sports, you need to be able to set your feet, launch or push off. That requires a firm foundation. As a person of faith, do you know how important it is to have a solid spiritual foundation? If your feet slide, you won't be able to stand firm. But if you are in Christ, you have a firm foundation: Christ Himself.

In 1 Corinthians 3, the Apostle Paul wrote about the role he and others had in laying foundations and planting and watering seeds of faith. The foundation they set is Christ. That is the only foundation God will use to build and form us as He desires. No other will withstand the onslaught of the world and culture of today.

As important as it is to stand solidly in a game or practice, it is more important that we stand firm to live for the Lord, which needs the firm foundation of Christ. Let us work to draw closer to Him and make that foundation as firm as possible.

### **Go**

- Have you ever played in a sporting event in the rain? How did it go?
- How does it feel to try to move quickly on a wet field?
- How can we make Christ our firm foundation?

### **Workout**

1 Corinthians 3:5-11

Ephesians 6:10-17

### **Overtime**

“Father, I am so grateful that I can build my life on Your Son, the only real foundation. In His name. Amen.”



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