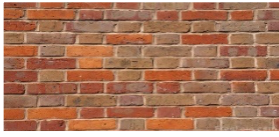


## Build on a Firm Foundation (Psalm 127:1)



Foundations support what is essential and what is truth. A foundation may be a concrete structure that supports a building or may represent an organization created and supported by donated funds with the purpose of doing something that helps society or the community.

People function as foundations. Family patriarchs and matriarchs spend time building their families to become solid and functional and to encourage the younger generation to learn about their purpose and to build their own foundations ((Romans 15:14-21) if and when they are family leaders. In the Bible, the Apostle Paul serves as a representative for the beginning of Christianity. He built churches and helped church leaders to understand foundational Christianity as a more moral way to live. God saw Paul as the perfect person to serve as the first Christian, as he spent most of his early life persecuting Christians (I Corinthians 15:9), but he changed his ways and accepted the way of Christ and represented Christians until his death (Acts 9). Peter, in the Bible is referenced as “the Rock” in Matthew 16:18. Even the Founding Fathers of this country built their foundation on Christian faith and beliefs, and these beliefs still impact our country, the lives of ordinary Americans, and faithful Christians today.

Principles, laws, or standards are foundations for living full and better lives if we practice them. The neighborhood where we live has principles that were established or built before we became residents. Biblical principles form the foundational standards of the church by which we practice our beliefs. They help us to explain to others why we believe what we believe (2 Timothy 3:16).

Then there is the church. It is the Christian spiritual foundation that exist for Christians to get to know Christ, why he came to earth on God’s divine order, and why he died for man’s redemption (Isaiah 9:6). The foundation of Christian spirituality or Christian thought and action is knowledge of the Scriptures. According to Inspiration Ministries, three essentials for a strong spiritual foundation are praise and worship (Psalm 100), the Word of God (John 1:1-18, Deuteronomy 30:14, Romans 10:8b), and prayer (Matthew 6:9-23, Luke 22:41-42). The website [transformedlovely.com](http://transformedlovely.com) lists 5 Simple Steps to a Strong Foundation in Christ:

- Move forward and do not look back
- Surround yourself with a solid Christian community
- Find a mentor and accountability partner
- Create a new routine and habit that involves spending time in God’s word and prayer
- Serve and share

I Corinthians 3:11 reads “For no one can lay any foundation than the one that has been laid; that foundation is Jesus Christ.” Proverbs 11:29 explains that Christians have a spiritual inheritance of eternal life that was built by Christ many centuries ago if we believe in Him. Psalm 127:1 reads “Unless the Lord builds the house, those who build it labor in vain.”

Christ the Rock leads us to God the Rock, the highest spiritual order Christians know. You will only reap positive benefits from building your life on Christ, the solid Rock.

## Resources

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Sermonette #4  
September 6, 2020