

Building on the Right Foundation

June 23, 2026

Last night at church, we opened with an outlaw gospel song called “God Walked In.” It set the tone for a night focused on what happens when God enters the room, enters our pain, and begins to rebuild what life has shaken.

We also had a bonus song reflection using Beyoncé’s “Break My Soul.” The purpose was not to center a secular song or suggest that pop culture is our foundation. The purpose was to remind ourselves that the message of Christ can often be seen in unexpected places.

Sometimes, when people are disconnected from church language, worship music, or traditional faith spaces, we meet them where they are. We listen carefully. We look for the doorway. We use what they already understand to gently point them back to truth.

That led us into a deeper conversation about foundations. The song speaks about building a foundation, but Scripture gives us the ultimate foundation. **1 Corinthians 3:11** says, “For other foundation can no man lay than that is laid, which is Jesus Christ.” That became the anchor of the night. Our foundation is not a song. It is not a movement. It is not a preacher. It is not even the institution of the church. Our foundation is Jesus Christ.

From there, we connected that foundation to emotional regulation and spiritual maturity. **Philippians 4:6** teaches us not to be anxious about anything, but to bring everything to God in prayer. That opened up a sharp and honest discussion about anxiety, emotional regulation, and the role the Spirit plays in helping us become grounded. Faith does not mean we never feel anxiety.

Faith means we know where to take it. We do not have to be ruled by every emotion, every fear, or every pressure around us. We can turn it over to the Lord and allow His peace to steady us.

The heart of the discussion was simple: when our foundation is in Jesus Christ, we are able to stand with greater strength, clarity, and peace. We are not unbreakable because we are strong in ourselves. We endure because Christ is the Rock beneath us.

And when we are grounded in Him, our lives become a witness. We become what some have called the fifth gospel, the gospel people read through how we live, love, respond, forgive, and carry ourselves. Last night reminded us that emotional regulation is not just a mental health skill. It is also a spiritual practice. When Christ is our foundation, His peace becomes visible through us.

— Pastor Cindy H. Carr

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Featured Songs:

“When God Walked In” by Outlaw Gospel

<https://www.youtube.com/watch?v=XLG6hyJLt8w>

“Break My Soul” by Beyonce

https://youtu.be/m_lb_5xsxPs?si=IRc56iZn22o5Wrot