

BUILDING ON A SOLID FOUNDATION

Any architect knows that a solid foundation is essential to any building. Once the foundation is laid, supports are put in, permitting the rest of the structure to be built.

“I will show you what it’s like when someone comes to me, listens to my teaching, and then follows it. It is like a person building a house who digs deep and lays the foundation on solid rock. When the floodwaters rise and break against that house, it stands firm because it is well built. But anyone who hears and doesn’t obey is like a person who builds a house right on the ground, without a foundation. When the floods sweep down against that house, it will collapse into a heap of ruins.” Luke 6:47-49 (NLT)

In Luke 6, Jesus explains the difference between a wise builder and a foolish one. A wise builder hears the Word of God, applies it to his life, and as a result, stands firmly through turbulent times. However, because the foolish builder doesn’t obey or apply God’s principles and instructions, he’s ruined when a raging storm hits his life.

As a follower of Christ, your spiritual foundation is vital to your life, both here on earth and in eternity. Following God and submitting to His wisdom enables you to build a solid foundation based on God’s values. As you base your life on Him, there are a few areas you will need to continually focus on to cultivate a strong, healthy spiritual life. And this won’t only benefit you; others will reap the blessings as well.

Here are five key areas:

1. FAITH

Your trust in God, your growing relationship with Christ, and your obedience and application of God’s Word are all crucial to building a solid foundation of faith. When storms of life come your way, you’ll be grounded in biblical truths and remain steady as a rock in your moral beliefs. Plus, you’ll remain strong inwardly by trusting in God’s sovereignty. If you disobey Him, your foundation will begin to crack. For this reason, it’s wise

to seek God daily and ask Him to search your heart and make known what displeases Him ([Psalm 139:23-24](#)).

2. FAMILY AND GODLY FRIENDSHIPS

Relationships are vital and should be cherished! The people in your life — and your relationships with them — are important to God, and they need to be valued and esteemed fittingly. God desires that you love others and seek to build them up, not tear them down. Also, knowing that bad company corrupts good character ([1 Corinthians 15:33-34](#)), be careful about who you spend time with.

3. FINANCES

Being a good steward over your finances is a spiritual discipline that blesses God, others, and you. Living outside of your means, amassing material possessions, and accumulating irresponsible debt is unwise. When you manage your finances wisely, you eliminate needless stress ([Mark 8:36](#)).

4. FOOD AND FITNESS

Your body is God's living temple; His Spirit resides within you. When you harm your body, you're dishonoring God. Keeping your body healthy is a spiritual discipline that is part of the life God calls you to. Living a healthy lifestyle also permits you to carry out God's greater plans for your life ([1 Corinthians 6:19-20](#)).

5. FELLOWSHIP WITH OTHER BELIEVERS You must be planted in a local church where you can worship God, hear His Word, and fellowship with other members of the body of Christ. There, you'll grow and mature spiritually, as well as be able to put to use the spiritual gifts God has blessed you with. As a result, His church will be built up ([1 Corinthians 14:12](#)).

When you wisely invest yourself in these various ways, you'll become more spiritually, relationally, financially, physically, emotionally, and socially fit to live a life of influence for Christ. After all, He's the chief cornerstone of

your faith ([Ephesians 2:19-22](#))!