

Jesus—A Secure Foundation

Pastor Jen Yarbrough | October 25, 2026

Thread: Following Jesus provides us with a secure foundation that will not fail.

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.” **Matthew 7:24-27**

NIV

Identical storms, with 2 different outcomes:

Option 1: withstands the storm

Option 2: crumbles in the storm

Takeaway #1: The outcome is based solely on the foundation. Life's storms do not determine our destiny—our foundation does.

Our foundation is determined by what we do after we've heard about Jesus and His teachings.

Option 1: “puts them into practice” = immovable foundation (rock)

Option 2: “does not put them into practice” = insecure, crumbling foundation (sand)

We have a crucial decision to make.

“But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.” **James 1:22**

NLT

Takeaway #2: Staying secure in life's storms requires doing what Jesus teaches, not just hearing it. This is the definition of “following” Him.

Takeaway #3: Jesus is our Rock and gives us what we need to withstand the storms of life.

“For no one can lay any foundation other than the one we already have—Jesus Christ.” **1 Corinthians 3:11** **NLT**

“Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.” **2 Peter 1:2-3** **NIV (1984 ed.)**

“But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.”

2 Corinthians 4:7-9 **NIV**

Takeaway #4: Following Jesus (putting His teachings into practice) takes our intentionality and commitment, in His strength.

- **Depend on Him**

“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock.” **Isaiah 26:3-4** **NLT**

- **Have community and accountability with others**

“Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.” **Hebrews 10:24-25** **NLT**

- **Worship and express gratitude**

“As for me, I will always have hope; I will praise you more and more.” **Psalms 71:14** **NIV**

“Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe.” **Hebrews 12:28** **NLT**

- **Believe God's promises**

“I will bless the Lord who guides me; even at night my heart instructs me. I know the Lord is always with me. I will not be shaken, for he is right beside me.” **Psalms 16:7-8** **NLT**

“Let all that I am wait quietly before God, for my hope is in him. He alone is my rock and my salvation, my fortress where I will not be shaken. My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.” **Psalms 62:5-8** **NLT**

Challenges:

- Do we know which foundation we are standing on?
- How can we more effectively “put into practice” Jesus' teachings?
- When we are struggling with insecurity in the face of life's difficulties, how can we shift back to our secure foundation?

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