

READ: 1 Corinthians 3:11 (NLT)

- 7) Paul says, “no one can lay any foundation other than the one we already have—Jesus Christ.” Sunday we heard that a life built on anything else, like feelings, culture, accomplishment, or approval seeking, will eventually collapse. Which of those tends to be your “sand”? What are the early warning signs that you’ve started building on it?

READ: 2 Peter 1:2–3 (NLT)

- 8) Peter writes, “By his divine power, God has given us everything we need for living a godly life.” Sunday we walked through practical ways to build on the rock: reading and studying the Bible, doing what Jesus says, depending on Him for strength, pursuing a close relationship with Him, community, accountability, keeping an eternal perspective, worship and gratitude, and believing God’s promises. Which of these is the strongest part of your foundation right now? Which one is God inviting you to strengthen?

READ: Psalm 62:5–8 (NLT)

- 9) David says, “He alone is my rock and my salvation, my fortress where I will not be shaken,” and then invites us to “trust in him at all times. Pour out your heart to him.” Sunday we heard that believing God’s promises is part of standing firm, including Psalm 16:8: “I will not be shaken, for he is right beside me.” Which promise of God do you most need to stand on right now? What would it look like to pour out your heart to Him about it this week?

CHAIR TIME TOOLS

Reflection Questions for Chair Time: think about the following questions and pray through them with Jesus.

- 1) Ask the Lord, “Where am I building on sand right now?” Listen without hurrying, and ask Him to gently show you one step back toward the rock.
- 2) Choose one teaching of Jesus you already know well, and ask God for the strength to put it into practice this week, depending on Him rather than on yourself.
- 3) Pray through Psalm 62:5–8 slowly each morning. Pour out your heart to Him, and thank Him that He is your rock, your fortress, and the One right beside you.

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?

For practical, cross-cultural Bible studies related to sermon topics, visit DougBrittonbooks.com/resources

Homework

Jesus—A Secure Foundation

Fall 2026 | Week 7

Message Date 10/25/2026

MY STORY

- 1) What's the most questionable thing you've ever built or put together yourself, like flat-pack furniture with a few "extra" screws left over, a backyard fort, a Pinewood Derby car, or a sandcastle that lost to the tide?
- 2) When a big storm rolls in or the power goes out, what's your go-to move: candles and board games, storm-watching from the porch, a run on snacks, or sleeping right through it?

QUICK REVIEW

- 3) What caught your attention from Sunday's message?

DIGGING DEEPER / TAKING IT HOME

READ: Matthew 7:24–27 (NLT)

- 4) Both houses faced the same storm: *"the rain comes in torrents and the floodwaters rise and the winds beat against that house."* Sunday we heard that life's storms don't determine our destiny; our foundation does. Think about ordinary life: what does standing on rock look like compared to standing on sand when a critical comment lands, a hard diagnosis comes, money gets tight, or a relationship gets difficult? Where have you seen that contrast in your own life?
- 5) The difference between the two builders isn't hearing; both heard. One *"follows it"* and the other *"doesn't obey it."* Sunday we heard that digging down to bedrock takes intentionality and commitment. Why do you think it's so easy to admire Jesus' teaching without actually putting it into practice? What would digging deeper look like for you in this season?

READ: James 1:22–25 (NLT)

- 6) James writes, *"don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves."* He compares hearing without doing to glancing in a mirror and forgetting what we look like. Which teaching of Jesus do you know well but find hardest

to actually live out? What's one small way you could do what it says
this week?