



## Foundations of Faith

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Bachelor of Theology, Master's Prophetic, Doctorate in Ministry, Ph.D. in Divinity, Certified Professional Coach, Certified Life Coach - Over 40 years of ministry experience **to serve and care for people.**

### Family, today I want to talk to you about Foundations of Faith.

Jesus said in the Gospel of Matthew 7 that the wise man built his house on the rock. The rain came. The floods came. The winds blew. But the house did not fall — because it was founded on the rock.

Notice — the storm came to both houses. Both houses had the same opportunity to build firm foundations in Christ Jesus.

The difference was not the storm.  
The difference was the foundation.

**Faith is your foundation.**

**Faith is not a feeling.**

**Faith is trust in God when feelings are unstable.**

**Are you a senior or someone who can't get to church in person?**

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## **What Is a Foundation of Faith?**

A foundation of faith is:

- Trusting God's Word over your emotions
- Standing on God's promises over circumstances
- Obeying Christ even when you don't understand
- Faith is not a denial of reality
- Faith is confidence in God despite reality

*Hebrews 11:1 says, 'Faith is the substance of things hoped for'. That means faith gives you something solid to stand on when everything else feels shaky or when you feel uncertain.*

**Example - Abraham in Genesis 12** - God told Abraham to leave everything familiar. He had no details or a GPS. He only had a promise from God. His foundation was trust.

- He left everything familiar because he trusted God's promise.
- **David in 1 Samuel 17** faced Goliath because he knew his covenant with God was bigger than the giant.

**Paul in Acts 16** worshiped in prison because his foundation was revelation, not comfort. (Revelation = Spiritual insight in seeing things from God's perspective).

- Chains were on his hands, but faith was in his heart.
- Chains outside BUT freedom inside
- His foundation was the revelation of Christ, not comfort.

## **Storms reveal what we are built on.**

### **David – Built on Covenant Confidence**

- In 1 Samuel 17, young David faced Goliath. Others saw a giant. David saw a covenant-keeping God. His foundation was identity in God.

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## **So how do we build a strong foundation?**

1. **First**, daily Word - Faith does not grow accidentally
2. Faith grows intentionally
3. Faith grows when you feed it.
4. Faith comes by hearing ..." (Rom 10:17)
  - a. What and how you hear determines what and how you handle daily life challenges
  - b. Read. Speak. Meditate. Personalize Scripture
  - c. Faith starts with the Word of God, the Bible
  - d. Faith grows when practiced
  - e. Obey quickly. Forgive immediately. Give generously. Pray consistently

**Second**, obedience in small things.

Every small “yes” to God builds your spiritual foundation.

**Third**, remember what God has done.

Testimonies are reinforcement bars in your foundation (Rev 12:11)

### **Remember Past Victories**

1. David remembered the lion and the bear before facing Goliath.
2. Write down your testimonies.
3. Seniors especially have decades of miracles — revisit them!

### **Fourth - Stay Planted**

4. Community strengthens them - Fellowship with believers
5. Isolation weakens foundations: when a Banana leaves the bunch, it gets peeled
6. Like a tree, roots grow deeper under pressure

### **Daily Practice: Building Faith in Life’s Challenges**

#### **Here is a simple daily pattern:**

##### **Morning: Declare**

Before checking news or messages, declare:

- “God is with me.”
- “I trust You today.”
- “I stand on Your Word.”

##### **Midday: Refocus**

When stress hits:

- Pause.
- Breathe.
- Pray one sentence: “Lord, I trust You in this.”

## Evening: Reflect

Ask:

- Where did God help me today?
- What did I learn?
- What promise can I hold tonight?

Small daily reinforcements create lifelong stability.

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## Encouragement for Seniors: Stay Motivated

To our Seniors:

- You are not in the decline season — you are in the legacy season.
- Your faith is not weaker because of age. It is deeper because of history.
- Think of Caleb in Joshua 14. At 85 years old he said, “Give me this mountain.”
- He did not ask for a rocking chair.  
He asked for territory.
- Seniors, your faith stabilizes families.
- Your prayers hold up generations.
- Your wisdom anchors churches.

**Stay motivated by:**

- Sharing your testimonies
- Mentoring younger believers
- Staying spiritually active
- Keeping vision alive

You are still building.

### **And to our seniors today:**

1. You are not in a fading season.
2. You are in a finishing-strong season.
3. Like Caleb in Joshua 14, at 85 years old, he said, "Give me this mountain."
4. That is foundation faith.
5. Your prayers are holding families together.
6. Your endurance is teaching the next generation how to stand.

### **Faith and encouragement to you:**

1. Build daily.
2. Stand firmly.
3. Trust deeply.

### **Say this with me:**

1. "My life is built on the Rock.
2. Storms will not move me.
3. My foundation is secure.
4. I will finish strong."

**Amen! Stand firm, your foundation is strong in Christ Jesus**

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