



# Firm *Foundations*

**Firm Foundations:** *"It Starts With Jesus"*

**Pastors Lucas and Kristine Ashley**

**Sunday, July 6, 2025**

## **INTRODUCTION**

Some of the greatest experiences of our lives come through the relationships we have. Relationships can start by accident, but they only grow with intention. Every healthy relationship is built on something—and what it's built on determines its strength. So the question we must ask is:

**What is the foundation our relationships are being built on?**

The foundation of your life doesn't just affect you—it also influences how you relate to others. Jesus invites us to build our lives on faith in Him and obedience to his teachings so that our lives and relationships can stand on something firm and unshaken.

## **FOR REFLECTION AND DISCUSSION**

### **Read Matthew 7:24–27 (NLT)**

1. What do you think Jesus meant by building on the "rock" versus the "sand"?
2. What are some "sandy" foundations people build their lives or relationships on today?
3. How have you experienced a storm that tested your foundation?

### **Section 1: Jesus As the Foundation of Your Life**

- Romans 8:15–17
- Isaiah 43:7
- 1 Corinthians 10:31
- Genesis 1:27
- John 3:16

#### **Discussion Questions:**

1. How does knowing your identity in Jesus change the way you view yourself?
2. What does it mean that your purpose is to glorify God?

3. Where are you tempted to find worth apart from Jesus? 4. How can making Jesus your foundation bring stability in times of doubt or insecurity?

## **Section 2: Jesus As the Foundation of Your Life with**

**Others** • Ephesians 5:21

- Colossians 3:12–17

- 1 John 4:19

### **Discussion Questions:**

1. What does “submitting to one another out of reverence for Christ” look like in daily life?
2. What does it look like to “clothe” yourself with compassion, kindness, humility?
3. How can this impact your relationships?
4. How does understanding that Jesus loved us first shape the way we love others?

## **PERSONAL RESPONSE**

- Reflect on your current relationships. Are you building them on the foundation of Jesus or something else?
- Choose one relationship this week to intentionally apply a teaching of Jesus—such as forgiveness, truth, or love.
- Take time in prayer to re-center your identity, purpose, and worth in Christ.

## **Memory Verse**

“And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.”  
Colossians 3:14