

# The Firm Foundation

Tommy Gray | November 7, 2010



*In a nutshell:*

In times of stress and uncertainty we need to re-evaluate the importance of our foundation and revisit the basics of our faith in Jesus Christ, *the one firm foundation.*

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**Icebreaker:** Imagine yourself on a three-hour tour. (If you don't know what this means, Google "Gilligan's Island.")

**Discuss:** If you were stranded on a desert island, what is the one book you'd like to have with you?

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## Jesus is *The Firm Foundation*:

*"So this is what the Sovereign Lord says: 'See, I lay a stone in Zion, a tested stone, a precious cornerstone for a sure foundation; the one who trusts will never be dismayed.'" - Isaiah 28:16*

**Jesus is a tested foundation.** *Tensile strength* is "the maximum load that a material can bear" or "resistance to a force tending to tear it apart." Life tends to put us under ever-increasing stress until we reach the breaking point.

**Discuss:** Share a situation you are in *right now* in which you are being tested. Are your foundations being shaken? What would it look like for you to trust in Jesus as *The Firm Foundation*?

**Since Jesus has been tested He can be trusted.** We can have great confidence in Jesus because of what He did on the cross. He is not just another option on the table. He is the only one who can exchange our worry, hurry, guilt, shame, and fear, for peace and rest.

"The one who chooses to trust in Jesus will never be dismayed." Trust in Jesus does not result in an absence of storms, but rather the strength and peace to hold firm when the storms come.

**Discuss:** Read Hebrews 4:14-16. Use more than one translation if available. What does it mean to "run boldly to the throne?" What does it mean to "hold firmly to the faith we profess?"

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## As a Group:

God has not only given us Jesus, but has given us each other for strength in the storms of life. How can we be of *practical* help to each other when we are being tested by storms? How can we help each other lean on Jesus as *The Firm Foundation*?