

Take Courage! Jesus Is a Sure Foundation in the Flood (How to flood-proof your life)

You can take courage when the floods rise. Jesus tells us exactly how to build a life that can withstand any storm. When your foundation is secure, you don't have to fear what's coming—you can face it with confidence. Let's look at what God's Word says.

Read Matthew 7:24-29

24 “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. 25 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. 26 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. 27 The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.” 28 When Jesus had finished saying these things, the crowds were amazed at his teaching, 29 because he taught as one who had authority, and not as their teachers of the law.

Read Matthew 16:13-21

13 When Jesus came to the region of Caesarea Philippi, he asked his disciples, “Who do people say the Son of Man is?” 14 They replied, “Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets.” 15 “But what about you?” he asked. “Who do you say I am?” 16 Simon Peter answered, “You are the Messiah, the Son of the living God.” 17 Jesus replied, “Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven. 18 And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. 19 I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” 20 Then he ordered his disciples not to tell anyone that he was the Messiah.

For this lesson, think about the importance of foundations as relates to the following.

- The rock and the sand
- Wise and foolish
- Hearing and doing
- Storms and floods
- Standing and falling

Ask the following questions as they relate to the points above.

1. What can you learn from these verses? Does anything stand out to you? Which verses speak to you the most? Why?

2. What does Jesus mean by “this rock”? What does it mean to build your life on the rock? How can you be sure your life is built on that foundation?
3. What two things does Jesus say are required to build on the rock? Why is hearing Jesus’ words essential, and how can you be sure you truly hear them? Which words is Jesus referring to in Matthew 7:24, and why is hearing alone not enough? How does obedience complete the foundation?
4. What is the difference between building on bedrock and building on sand? Why is one a secure foundation and the other unstable? What does it look like to build on sand, and what happens when you do?
5. What kinds of storms do we face in life, and how do they affect our faith and relationship with God? How does building on the rock protect us during these storms? Why is obedience crucial for standing firm?
6. Identify one big takeaway from this lesson. Share any insights you gained. Summarize what you learned in a sentence or two.

Many people are building what looks like a great house. Their lives may appear impressive, even enviable. But if the foundation isn’t the Rock, the collapse will be devastating. Get the foundation right, and your life becomes steady, solid, immovable. Get it wrong, and the storms will expose it.

You can be ready for the storms. In fact, Jesus gives a guaranteed way to endure them: build your life on the Rock. Jesus is the Rock! Once you confess that Jesus is the Christ, the Son of the Living God, the work of building begins. Every part of your life—your faith, your relationships, your marriage, your work—can rest on Him.

Do you want your house on the Rock? Jesus makes it simple: hear His words and do what He says. That’s the foundation. That’s the difference between a life destined for destruction and one that lasts for eternity.

Bible References: [Matthew 7:21-29](#); [Matthew 16:1-21](#); [Matthew 12:38-41](#); [1 Corinthians 15:3-4](#); [1 Peter 2:4-6](#); [Matthew 5:1-2](#); [Matthew 7:21](#); [1 Samuel 15:22](#); [Ephesians 2:8-10](#) [**SPANISH**]