

“Build a Solid Foundation”



Matthew 7:25

Building A Spiritual Foundation

Read: John 14:23-29

My nephew Kyler once constructed a snowman in my parents’ back yard. Shortly after, his cousin Haley came along. She saw the poorly built pile of snow, and with one foul kick to the structures base, pulverised the whole thing. My father, who witnessed the event, turned to me and said, “if he didn’t want it to fall over he should have built a better foundation.”

All structures need a solid foundation if they are going to last. Our faith isn’t any different. Unless we build a solid spiritual foundation, our faith can be susceptible to collapsing (Matt. 7:24). In the gospel Jesus says that the foundation of our faith is his word (John 14:23). His word is recorded in the Bible. When we read scripture we come to know Jesus. If we are to love and follow Jesus, then reading the Bible is the foundation of our faith. We cannot come to know him, or the Father, if we don’t read scripture.

Like any foundation, once it is laid, you can build on top of it. Jesus informs us that the second level of our structure is the Holy Spirit. After we receive the Spirit we are able to build the third level of our structure, which consists of a variety of spiritual gifts. In the gospel Jesus specifically promises us peace, but we also benefit from an increase in love, joy, patience, kindness, generosity, faithfulness, gentleness and self-control (Gal. 5:22-23).

Building a solid foundation for our faith also guarantees God’s continual presence in our lives. We are not alone, even when life gets difficult and “the rains come in torrents and the floodwaters rise” (Matt 7:25). In these moments Jesus tells us not to be afraid or “let our hearts be troubled” (John 15:27). Why shouldn’t we be afraid? Jesus tells us not to be afraid because our faith is “built on a strong foundation” (Matt 7:25). His word is that foundation.

Next Steps: In order to build a solid foundation we need to spend time reading the Bible. Here are two steps to help you:

1. Find yourself a good Catholic Bible. The Ignatius Catholic Study Bible is a great choice and can be ordered on Amazon.
2. During the week, find time to go over the gospel for the upcoming Sunday. Do this by yourself, with your spouse or as a family. The readings are listed weekly in the bulletin.