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**Key Texts:** Matthew 7:24, 8:23-27

**Message Structure:**

1. Series Introduction

2. Grab the Audience Quote

3. Rhetorical Question(s)

4. Personal Story

5. Real Talk Statement

6. Teaching Content

7. Heart Appeal

8. Application Steps

9. Prayer

1. **Series Introduction:**

Today, we are launching a new teaching series called God-Sized Confidence. God calls us to a life of confidence in Him. We are not called to self-confidence, we are called to God-confidence believing, by faith, that God is who He says He is and will do what He has promised to do. This week, we will be talking about building a solid foundation for our lives on God’s word.

[Leader Note: This is a good time to pray with your audience as you start today’s teaching.]

As we start, let us take a moment and pray together asking God to challenge us and grow us through this series while thanking Him in advance for what He will do, building a new confidence in us.

**2: Grab the Audience Quote:**

*“Your Word will not be shaken, because your word will never fail me, like a fire in my bones, like a whisper to my soul, your Word is revelation.”* —Hillsong Worship – “*Your Word”*

**3. Opening Question(s):**

[Leader Note: The opening question(s) can be used to start a brief discussion as an intro to the teaching outline or as a rhetorical question to get people thinking.]

How important is a solid foundation to our lives and what difference would it make if your life were built on a secure and unshakable foundation?

**4. Personal Story: “**Your story here”

[Leader Note: Tell a personal story about a time when a life event shook your confidence to the core. As you look back on this event, share what you learned as it relates to the importance of having a solid foundation. Another option would be a story in your life when your trust in God’s promises gave you the confidence to step through an open door of opportunity with success. As with all the teachings in this series, try to connect stories to your own “young adult journey” whenever possible.]

**5. Real Talk Statement:** God’s Word is the most solid and secure foundation to build your life upon.

**6. Message Content:**

Open Bibles: Matthew 7:24

As we jump into today’s teaching, let’s look at the context for our main text. Jesus is in preaching mode delivering possibly the most famous sermon in all of Scripture, the Sermon on the Mount, found in Matthew chapters 5-7. This sermon is practical teaching for daily living addressing topics such as: lust, divorce, marriage, retaliation, giving to the needy, prayer, money, worrying, and a bunch of other topics. At the end of His message, Jesus challenged His audience to take a good hard look at what their lives are built upon.

Matthew 7:24 (NIV) reads:

*“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.”*

Those who listened to Jesus were astonished. No one had ever taught them the way Jesus did and no one had ever challenged them the way Jesus did. This statement by Jesus is a “rubber meets the road” moment. Jesus called His listeners to believe His words and put them into practice building a solid foundation for their lives. He spoke bluntly in saying that if a person builds a life on anything else than His Word, they are choosing to live foolishly as all other foundations are unstable.

Jesus invited His listeners, as He does with us today, to pivot from self-confidence to God-confidence. He offered to be their foundation through His word, giving people confidence that He is with them, He is for them, and He will be faithful to His promises over their lifetimes. With God, no matter the storm, your life is built on the rock.

Over the last year of my life, I have had some intense storm moments. You feel life you are caught in a life tornado, trying to wrap your head around a life seemingly spinning out of control. Maybe over the last year, your storm involved a family crisis, a broken relationship, a career door with much promise that closed, a heavy burden of trying to figure out your life calling with little clarity, or the pressure of seeing everyone else succeed when you are not where you want to be in your journey. I can relate, especially on the level of wanting to live a life of confidence, but feeling overwhelmed, unprepared, and insecure in my own abilities to make it through the storm.

Remember that storm the disciples were in as they traveled across the Sea of Galilee with Jesus, as described in Matthew 8:23-27? This great storm left the disciples in a total panic with no possible way of escape. They literally thought they were going to die, which says a lot, as they were seasoned fishermen. Then the pivot point happened, the group turned from dependence on their own abilities to sustain their life to a dependence on Jesus as they cried out for help. Jesus spoke authority over the storm and fear was replaced with great calm and security. When you look at life’s journey, most of us are either in the middle of a storm or just coming out of a storm. The power of God’s Word is for your life today, allowing you to have confidence as you navigate life knowing that you are not alone, Jesus is with you, and you will make it through the storm.

God’s Word is the most secure and solid foundation to build your life upon, but there are other options. Here are a few other foundation options and why they will never offer the security and confidence you really need:

[Leader Note: As you dive into the following “foundation options,” you are encouraged to add an example from your own life that can draw the audience in and build the point. Just remember not to spend too much time on each example.]

**Popular culture.** Popular culture is just that, popular. Remember that really cool outfit, hairstyle, or catch phrase from your life five or ten years ago? Culture always changes; what is hot today will be cold in a few months. In the same way things like quinoa, a food no one ever heard about until five years ago, can all of a sudden be the hippest and healthiest thing on the planet. Building a life on popular culture, the latest trend, or fad is like building a life on a constantly moving platform, it just doesn’t work.

**Tradition.** There are traditions that have always been part of your family or community. There are probably family traditions you love, and others that drive you crazy. You might have heard someone say, “This is always how my family has done it.” The reality is that traditions change with generations. Generations value different things. Some traditions carry on, new ones are established, and others die out. Traditions come and go.

**Reason.** God gave us the ability to process life, weigh opportunities, and make decisions. Even the wisest among us will not get every decision right every time. There will be times when you and I get a decision wrong. However, God’s Word is dependable and trustworthy every time, you can build your life on it.

**Emotions.** If you build your life on your feelings, you are in for a roller coaster ride. Emotions can quickly be up and come crashing down depending on the successes and challenges of daily life. Our feelings can lead us toward a path of success, but other times they can lie to us causing us to overlook warning signs and red flags. Simply put, emotions are not consistent and not always true.

**Past Successes:** Past successes are wonderful to celebrate but are not guaranteed to be repeatable in the future. We can learn from past successes, but to build a life on them is risky business. What is happening in your life right will most likely need a different plan and approach than what you used in the past.

Matthew 7:24 promises a solid foundation for those who believe the Word of God and put it into practice. Here are some confidence building promises from God’s Word:

**A. Confidence in God’s grace.**

*Hebrews 4:16 (NIV)*

*“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”*

Truth: you are loved, already forgiven by God, and can come to Him for help anytime you need.

**B. Confidence in God as our Father.**

*Romans 8:15 (NIV)*

*“The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”*

Truth: you are always a son or daughter of God, He is your father, and you are part of His family, eternally loved by Him.

**C. Confidence in a future with God.**

*Philippians 3:13 (NIV)*

*“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead…”*

*Truth: the past is the past. You can learn from it, but you cannot change it. However, God has already established the best plan for you moving forward.*

**D. Confidence in an authentic life with God.**

*Hebrews 10:22 (NIV)*

*“…let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.”*

Truth: God can handle all your doubts, fears, insecurities, hopes, and dreams. He invites you into a real and raw relationship with Him where no conversation is off the table.

**7. Heart Appeal:**

God’s Word is filled with these promises and so many more. Today, you can pivot from self-confidence to God-confidence, believing that God is who He says He is and that He will do what He has promised to do. If you have built your life on a shaky foundation, you are not alone; I have been there, too, as have many of us in this room. We need to own these substitutes, call out those things in our lives that were never meant to serve as our foundation. God’s plan for us is one of confidence and security in Him though His Word. Anchor God’s Word deep in your life, ask Him to build your confidence, and walk forward believing that He has an incredible life planned out for you. This can be your pivot point toward God-Sized Confidence.

**8. Action Steps:**

**A**. **Get into God’s Word for yourself**. Commit to investing 5-10 minutes a day to read God’s Word. Actually, put this time in God’s Word into your daily schedule. Know when and where you will do it. For most of us, if we don’t schedule it, it won’t happen. There are tons of great Bible reading applications, like “YouVersion,” that allow you to find hundreds of Bible reading plans to help connect God’s Word to exactly what you are going through in your life. Make this commitment and start building your foundation.

**B.** **Create a list of God’s promises for you**. As you read and search God’s Word, dedicate a journal, notebook, or digital spot on your phone to writing down God’s promises for you. As needed, pull this list out and claim these promises over your life.

**C.** **Memorize the promises you need most**. Consider memorizing some of the promises you need most in your current life chapter. Use the flashcard method or something that works for you to put God’s Word to memory. That way when you need it, you will have it ready to go. Memorizing scripture is a lost discipline for many that can really serve to build your foundation.

**Pray:** “Your prayer here”

[Leader Note: Pray here for your group of young adults to step into an authentic relationship with Jesus. Ask God to give them the courage and strength to own the fake areas of their life and have an authentic conversation with Him. This can be a major turning point for your audience.]