

Bible Study Guide: Building on the Rock – A Life That Stands

 Source Transcript:

Big Idea

A life built on Jesus—through hearing and obeying His Word—creates a strong, unshakable foundation that can withstand any storm.

Theme

Lent calls us to examine what we are building our lives on, inviting us to replace unstable, worldly foundations with the solid rock of Christ through obedience and daily practice.

Core Scripture

Matthew 7:24

“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

Introduction: What Is Your Life Built On?

Jesus gives a powerful image:

- Two builders
- Two foundations
- Two outcomes

Key Insight:

“It’s not just what you believe—it’s what you build your life on.”

The Central Question

- What is the foundation of your life?

Main Point 1: Everyone Is Building Something

Explanation

Every person:

- Is constructing a life
- Is forming a foundation

Spiritual Truth

Whether intentional or not:

- You are building

“Your life is always being built on something.”

Application

- What am I building my life on?
- Is it intentional or accidental?

Sticky Quote:

“You are always building—choose wisely.”

Main Point 2: The Foundation Determines Stability

Explanation

The difference is not:

- The storm

The difference is:

- The foundation

“The strength of your life depends on your foundation.”

Spiritual Truth

A weak foundation:

- Cannot support life

A strong foundation:

- Endures everything

Application

- Is my life stable?
- What does that reveal about my foundation?

Sticky Quote:

“A strong life requires a strong foundation.”

Main Point 3: The World Is Shifting Sand

Explanation

Building on the world means:

- Trusting temporary things

Examples

- Money
- Success
- Approval
- Comfort

“The world is unstable and will not last.”

Spiritual Truth

Worldly foundations:

- Fade
- Collapse

Application

- What worldly things am I relying on?
- How stable are they?

Sticky Quote:

“Shifting sand cannot support a steady life.”

Main Point 4: Jesus Is the Solid Rock

Explanation

Jesus offers:

- Stability
- Strength
- Permanence

“Build your life on Christ.”

Spiritual Truth

Christ-centered lives:

- Endure
- Stand firm

Application

- Am I truly building on Jesus?
- What does that look like daily?

Sticky Quote:

“Christ is the only unshakable foundation.”

Main Point 5: Hearing Is Not Enough—Practice Is Required

Explanation

Jesus says:

- Hear AND do

Spiritual Truth

Faith without action:

- Is incomplete

“Putting it into practice makes you wise.”

Application

- Am I applying God’s Word?
- Or just hearing it?

Sticky Quote:

“Obedience builds strength.”

Main Point 6: Obedience Is the Path to Wisdom

Explanation

The wise builder:

- Acts on Jesus’ words

Spiritual Truth

Wisdom is:

- Living out truth

“Wisdom is shown through obedience.”

Application

- Where is God calling me to obey?
- What step can I take today?

Sticky Quote:

“Wisdom is lived—not just learned.”

Main Point 7: Foundations Are Built Deep

Explanation

Strong foundations:

- Require digging
- Take effort

Spiritual Truth

Spiritual growth:

- Takes time
- Requires discipline

“Deep foundations create lasting strength.”

Application

- How deep is my relationship with God?
- Am I investing in growth?

Sticky Quote:

“Depth determines durability.”

Main Point 8: Storms Are Inevitable

Explanation

Every life faces:

- Trials
- Challenges
- Hardships

Spiritual Truth

The question is not:

- If storms come

But:

- What happens when they do

“Storms reveal your foundation.”

Application

- How do I respond to difficulty?
- What does that reveal?

Sticky Quote:

“Storms expose what you’re built on.”

Main Point 9: A Christ Foundation Changes Everything

Explanation

With Jesus:

- You face life differently
- You endure differently

“With Christ, you can face anything.”

Spiritual Truth

God's presence:

- Strengthens
- Sustains

Application

- How has Christ strengthened me?
- Do I rely on Him daily?

Sticky Quote:

“With Christ, you stand firm.”

Main Point 10: Lent Is a Time to Rebuild Your Foundation

Explanation

Lent invites:

- Reflection
- Realignment
- Reconstruction

“Now is the time to rebuild on Christ.”

Spiritual Truth

You can:

- Change your foundation
- Start again

Application

- What needs to be rebuilt?
- What step can I take today?

Sticky Quote:

“It’s never too late to rebuild on Christ.”

Discussion Questions

1. What is your life currently built on?
 2. Where have you relied on “shifting sand”?
 3. What does obedience look like in your life?
 4. How have storms revealed your foundation?
 5. What needs to change during this season of Lent?
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Practical Application Steps

1. Examine Your Foundation

- Identify what you rely on

2. Strengthen Your Walk with Christ

- Spend time in prayer and Scripture

3. Practice Obedience Daily

- Apply what you learn

4. Let Go of Worldly Dependence

- Release unstable foundations

5. Build Deep

- Commit to long-term spiritual growth

Closing Prayer

Father,
Help us to build our lives on You.

Remove anything in us
that is built on shifting sand.

Teach us to hear Your Word
and put it into practice.

Give us strength to stand firm
in every storm.

In Jesus' name, Amen.

Final Takeaway

A life built on Jesus will stand strong—no matter what comes—because the foundation determines everything.