

SHAKE THE FOUNDATIONS

Central Question: *What does it take to break down the strongholds of fear, pain, and impossibility in our lives?*

KEY SCRIPTURE: ACTS 16:25-26 (KJV) “AND AT MIDNIGHT PAUL AND SILAS PRAYED, AND SANG PRAISES UNTO GOD: AND THE PRISONERS HEARD THEM. AND SUDDENLY THERE WAS A GREAT EARTHQUAKE, SO THAT THE FOUNDATIONS OF THE PRISON WERE SHAKEN: AND IMMEDIATELY ALL THE DOORS WERE OPENED, AND EVERY ONE'S BANDS WERE LOOSED.”

I. THE MIDNIGHT HOUR: PRAISE IN THE PRISON

- **The Situation:** Paul and Silas weren't just in prison; they were beaten, wounded, and in their darkest hour ("midnight").
- **The Response:** Instead of complaining or despairing, they prayed and sang praises loudly enough for other prisoners to hear.
- **The Principle:** Our trials are not a reason to quit praying; they are a reason to pray with more intensity. Don't let your circumstances dictate your praise.

II. WHAT IS A FOUNDATION?

- **A Practical Analogy:** The foundation is the most critical part of a house. You can cut corners on fixtures or flooring, but not on the foundation. It provides security and stability.
- **The Spiritual parallel:** To build a strong life, you must build it on the rock of Jesus Christ.
- **The Enemy's Goal:** The enemy seeks to build negative foundations in our lives—strongholds of fear, anger, addiction, resentment, and unforgiveness. These are built on past hurts, bad relationships, and lies.

III. SHAKING THE FOUNDATIONS: A TESTIMONY OF GOD'S POWER

A. MIRACLE #1: THE FOUNDATION OF LIFE CHALLENGED BEFORE BIRTH

- **The Doctor's Report:** During his wife's pregnancy with their daughter, doctors could find no heartbeat, declared it a "bad pregnancy," and recommended termination.
- **The Shake of Faith:** A friend was prompted by the Holy Spirit to come to their house and pray over the pregnancy.
- **The Result:** A heartbeat was miraculously found. A healthy baby girl was born, defying the medical foundation that had been laid.

B. MIRACLE #2: THE FOUNDATION OF A FUTURE CHALLENGED AFTER THE WRECK

- **The Doctor's Report:** Years later, this same daughter was in a horrific motorcycle accident. Doctors laid a new foundation of impossibility: "You will have pain for

life... you will never be able to have children" due to a shattered pelvis and severe internal damage.

- **The Shake of Faith:** Through persistent personal and corporate prayer, the family and church chose to believe God's report over the doctor's prognosis.
- **The Result:** God performed another miracle. The internal scar tissue that would have prevented pregnancy vanished. Today, she is healed and expecting a baby boy—shaking the very foundation of what doctors said was impossible.

IV. LIVING IT OUT: HOW TO SHAKE THE FOUNDATIONS IN YOUR OWN LIFE

- **From Pleading to Proclaiming:** Shift your prayer life from begging and bargaining to operating in the authority you have in the name of Jesus. Speak life over your situation.
- **Recognize the Real Problem:** The problem isn't the people or circumstances around you; the problem is allowing those things to build a negative foundation within you. Your battle is internal.
- **Your Praise Sets Others Free:** When Paul and Silas praised God, the doors opened not just for them, but for *everyone* in the prison. Your breakthrough can lead to a breakthrough for your family and those around you.

Key Takeaway: Don't let bad news, painful circumstances, or a doctor's report build a foundation of defeat in your life. Your praise is the earthquake that shakes the ground. At your "midnight," when things look the darkest, that is the exact time to pray and sing praises to God, believing that He has the power to not only set you free but to turn your story into a testimony for His glory.