Frisco First Baptist Church

THE PARABLES OF JESUS
BUILDING YOUR HOUSE ON THE ROCK
MATTHEW 7:24-28
11/1/2026

MAIN POINT

The wise have their foundation in Jesus and build on it through a disciplined spiritual life.

INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

> **When have you spent a lot of time building or making something and the effort was well worth it?**
>
> **Have you ever spent time on something only to find out later it was in vain?**
>
> **Looking back on these experiences, what lessons have you learned?**

People who place their trust in Christ will build upon the foundation of Him and His Word. This entails a life of dying to self and living for Christ. Spiritual disciplines are a practical way to so order our lives that we demonstrate that our foundation is in Him. Concluding His Sermon on the Mount (Matt. 5–7), Jesus ended with the simple illustration of a house built upon a solid foundation. This is a picture of the Christian life.

UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

> HAVE A VOLUNTEER READ MATTHEW 7:24-28.

Jesus concluded the Sermon on the Mount with a simple illustration. A man with good sense would build his house on solid ground. He would be aware that the most important element in building any structure is the foundation. Without a strong foundation, any structure is liable to collapse. While the foundation is key, we spend a lifetime building upon that foundation to bring glory to God.

> **How does someone establish his or her foundation in Christ? Practically speaking, what does that look like?**
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> **When we think about building a structure on that essential foundation, it is brick by brick. What are some of the "bricks," or spiritual disciplines, that lead to a life that honors Christ?**

Spiritual disciplines are practices and habits that are to be incorporated into the daily life of the Christ follower. Some examples include Bible intake (reading, meditating on, and memorizing Scripture), prayer, worship, evangelism, service, gifts, fasts, silence and solitude, and journal time.

What are some examples of wind, rain, and floods that come into a person's life?

How do spiritual disciplines prepare you beforehand and help when these storms come?

How does someone without Christ deal with adversity? Why might similar "disciplines" in their lives simply not be enough to help?

Both builders had heard the words of Jesus, but what they did with them was very different. One builder acted on Jesus' teachings, basing his life on a solid foundation that would not collapse. The other man did not live by Jesus' words. Of course, Jesus was not talking about actual houses, but lives. Every life needs an adequate, firm foundation that will not fail—a foundation rooted in Him and His truth. Each person spends a lifetime building on that foundation. Works that are not rooted in a genuine, saving faith will not help a person in this life or the next.

How is a relationship with God similar to a solid foundation?

On the other hand, what are some examples of sand foundations in this life?

How would you talk about the truth of these verses with someone whose life is not built on Christ?

To hear and then ignore God's words is foolish indeed. Some people who go through life without building their lives on Christ's teachings seem to get along okay. They put hope in other things, but the storms of life will reveal they didn't build on the right foundation.

Jesus lists only two outcomes in this parable. Why is there no middle ground?

As Jesus ended His Sermon on the Mount, why do you think the crowd found His teaching so astonishing?

APPLICATION

Help your group identify how the truths from the Scripture passage apply directly to their lives.

Christianity isn't just about what we know; it's about what we do with what we know. God instructs Christians to build their lives on Jesus and His teachings, rather than on things that sound good. Your life should give evidence of your walk with Jesus in a personal relationship. Spiritual disciplines help us in this regard. They are rooted in Christ and fueled by His Spirit.

What disciplines best help you maintain a strong, firm foundation in your relationship with Jesus?

Are you putting your trust on foundations made of sand? If so, what steps will you take to build instead upon the Solid Rock?

Who can we pray for right now whose life is built on sand? What can we do this week to help him or her find the Solid Rock?

PRAYER

Ask God to show you ways your group can ensure others build their foundations on His rock and not on the sand. Pray that when the storms of life take us by surprise, we would have the disciplines built into our lives to be able to withstand whatever comes our way and that we might encourage one another to that end.

COMMENTARY

MATTHEW 7:24-28

7:24-27 The adjectives sensible and foolish describe a person's spiritual and moral state, not his intellect. Whether one is considered sensible or foolish is determined by his response to Jesus' teaching. Since OT writers described God's wrath using the image of a great storm (Isa 28:16-17; Ezek 13:10-13), the storm that destroys the house on the sand is a picture of divine judgment. Hence, the person who hears and acts on Jesus' teaching is prepared for judgment. The one who hears but doesn't act on Jesus' words will be destroyed in the storm of judgment.

7:28-29 Jesus amazed the crowds with an authority that surpassed that of other teachers. First-century Jewish teachers appealed to the authority of their rabbinic predecessors. However, Jesus introduced His teachings with the contrast, "You have heard that it was said… but I tell you" (5:21,27,31,33,38,43). By this Jesus made clear that He had the authority to interpret the law independent from and even contrary to the Jewish oral tradition and the most esteemed rabbis. The words when Jesus had finished are important for understanding the structure of Matthew's Gospel.