

I Believe - Foundations That Hold

There is something steadying about the words, *I believe*. They are not flashy. They are not new. But they carry the weight of every generation of believers who have come before us, and they anchor us when the ground beneath our feet feels less than solid. The basics of our faith are not the small print of Christianity. They are the load-bearing walls. Strip them away, and the whole house comes down. Hold onto them, and you can weather almost anything. So let me invite you on a short journey through the foundations — not the latest spiritual fashion, but the deposits that will still be standing when the trends have come and gone.

Belief begins with God Himself

Faith does not start with us. It starts with Him. Before we ever reached for God, He was already there — present, attentive, speaking. The opening line of Scripture sets the whole stage: *In the beginning, God created the heavens and the earth* (Genesis 1:1). Everything else flows from that one sentence. If God is, then your life carries weight. Your decisions matter. Your destiny is not random. A.W. Tozer once said that what comes into our minds when we think about God is the most important thing about us. He was right. How we see God shapes how we live, how we lead, and how we love.

The Word that holds us

To say *I believe* is also to say that God has spoken — and that what He has spoken can be trusted. Scripture is not a self-help manual. It is not religious literature. It is the living Word of the living God. *All Scripture is God-breathed and useful for teaching, rebuking, correcting and training in righteousness* (2 Timothy 3:16). When the noise rises, and the path is unclear, the psalmist reminds us, *Your word is a lamp for my feet, a light on my path* (Psalm 119:105). Without this lamp, faith drifts. With it, faith finds its footing again and again.

The humility at the heart of faith

There is something the modern world resists about the gospel — and it is this: we cannot save ourselves.

All have sinned and fall short of the glory of God (Romans 3:23). That verse is not designed to crush you. It is designed to free you. As long as we are pretending, we cannot receive. As C.S. Lewis put it, the proud man is always looking down — and you cannot see what is above you while you are looking down. Faith begins where pride ends.

Jesus at the centre

Christianity is not a philosophy with a religious flavour. It is a person. Jesus said it Himself: *I am the way and the truth and the life. No one comes to the Father except through me* (John 14:6). And again, Paul says, *there is one God and one mediator between God and mankind, the man Christ Jesus* (1 Timothy 2:5). This is the heartbeat of everything. Not a system. Not a creed for its own sake. A Saviour. A Lord. A friend who walks with us into tomorrow.

The cross — done for us, done by us

The cross is where belief stops being theory and becomes deeply, achingly personal. *God demonstrates his own love for us in this: while we were still sinners, Christ died for us* (Romans

5:8). John Stott captured it perfectly when he said that before we can see the cross as something done *for* us, we must first see it as something done *by* us. That is the divine exchange — our sin for His righteousness, our death for His life, our shame for His welcome.

The resurrection changes the forecast

If the cross paid the price, the resurrection sealed the victory. *If Christ has not been raised, your faith is futile* (1 Corinthians 15:17) — but He has been raised. Everything changes because of that one fact. Tomorrow is no longer a threat. Death is no longer the final word. Because He lives, we can step into whatever lies ahead with confidence rather than fear.

The Spirit who walks it out with us

Belief is not something we sustain by sheer effort. We were never meant to. *The Spirit himself testifies with our spirit that we are God's children* (Romans 8:16). The Holy Spirit is not a doctrine to file away — He is the daily presence of God within us, equipping, comforting, prompting, releasing potential we did not know we had.

Looking forward — faith that expects

Faith is not only memory. It is an expectation. *This same Jesus will come back in the same way you have seen him go into heaven* (Acts 1:11). That promise reshapes how we live now. It calls us to perseverance, to faithfulness, to obedience. Bonhoeffer said it well: faith is only real when there is obedience, never without it, and faith only becomes faith in the act of obedience.

So here is the invitation

To say *I believe* is not a casual line. It is a commitment that defines who you are and shapes where you are going. These foundations are not optional extras. They are the ground beneath your feet. When the culture shifts, when the seasons change, when life feels unsteady — they remain. Solid. Sure. Inviting you to trust again, to step forward again, to live abundantly in the faithfulness of God. So step in. Build on what lasts. And keep walking.

Questions

1. When you say the words *I believe*, what are you actually putting your trust in — feelings, circumstances, or the unchanging character of God? **Hebrews 11:1**
2. How does your daily picture of God shape the way you live, lead and make decisions this week? **Genesis 1:1**
3. Where in your life are you currently trying to "save yourself," and what would it look like to lay that down and receive grace instead? **Romans 3:23**
4. The cross was done *for* you and *by* you — how does holding both truths together change the way you respond to Jesus today? **Romans 5:8**
5. If faith only becomes faith in the act of obedience, what is the next step of obedience God is inviting you to take? **Acts 1:11**