

# How Strong Is Your Foundation?

By Brooks A. Harris, O.D.

Mother's Day Morning

5/10/2020

While climbing a tree the other day, I was reminding my grandson to place his hands and feet on the part of the limbs that are closest to the trunk of the tree. For the closer the limb is to the trunk, the stronger the limb is and the safer you are while climbing it. The further away you get from the trunk, the weaker the limb becomes and the more likely the limb is to break and you to fall.

Also, I taught him about always using the "three-point-touch" rule to climbing, which is: at all times have at least three of your limbs (hands and feet) touching what you are climbing. For example: while holding on with both hands, move only one foot and while keeping both feet secure, move only one hand. Keep three points secure while moving the fourth point. If you try to move a foot and a hand at the same time (with only one hand and only one foot secure) and a "secure" hand or foot slips or a limb breaks under the "secure" hand or foot, then you are more likely to fall or get hurt. The more you have in contact with the structure you are climbing, the stronger is your foundation and the safer you will be.

A strong foundation is also important in buildings. The foundation is the bottom, or base, layer on which a structure is built. For a structure to stand, and not fall, it must have a strong, secure foundation, especially the taller it is or the further the structure gets away from its foundation.

The same is true with our relationships to those in authority positions as our parents, teachers, police officers, our bosses and especially God. The closer we stay to the trunk (the rules and laws) the more secure and safer our lives will be. The further we get from the rules and laws, the more likely we are to fall into trouble or get hurt. Rules, laws and relationships with our authority figures make up the foundation of our lives.

A strong foundation for our lives is built by developing good relationships with our authority figures. Talk to them, show them respect, read and study their rules and laws, then do your best to obey them. The more you show love and respect for them, the more likely they are to love and respect you.

This is especially true with God. The stronger a foundation you build with God, the more you stay in contact with God, the closer you stay connected to Him, the safer and more secure your life will be. The stronger a relationship you build with God, the more you will feel His comforting and protecting you and giving you peace and an everlasting joy.

So, build a strong foundation and lasting relationship with God by talking to Him through prayer, reading and studying His Word (the Holy Bible), and obeying His rules and commandments. Then just love God and trust Him. Rely on His strength, wisdom and security and on the strong foundational support of His Word.