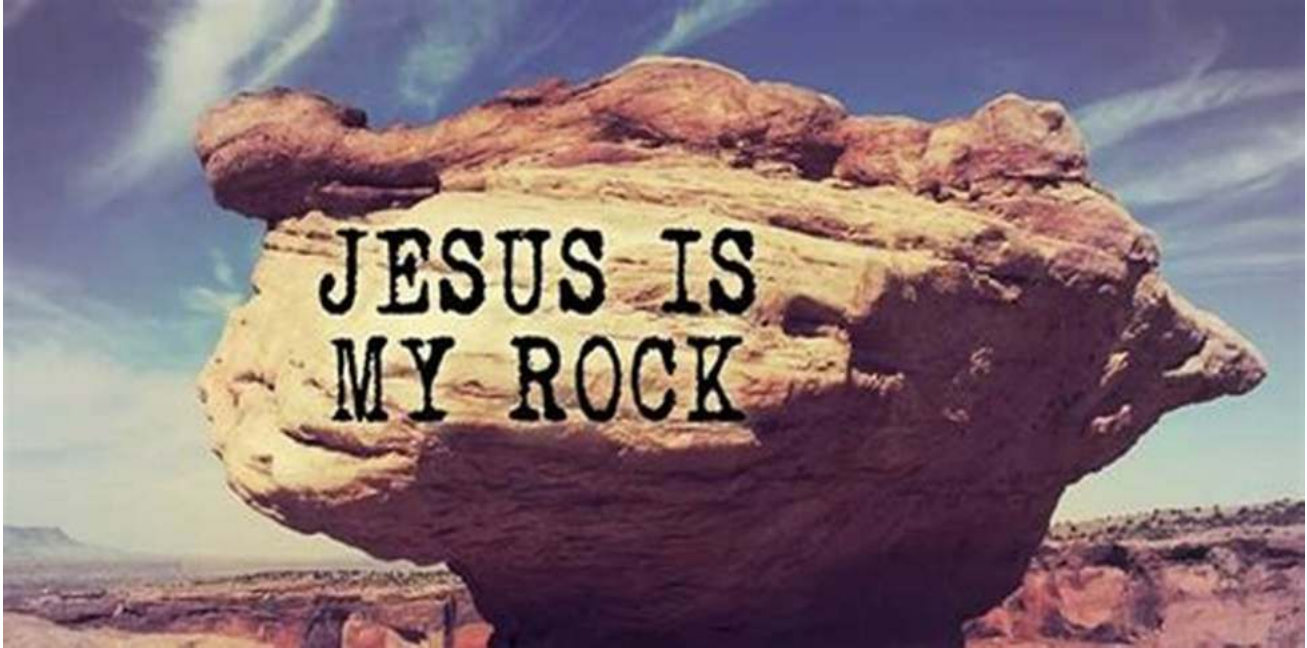


# Building a Healthy Foundation with Christ as Lord



When it comes to building a strong and healthy foundation in life, there is no better way than by making Christ our Lord and Savior. Building our lives on the solid rock of Jesus ensures that we have a sturdy base to navigate the challenges and triumphs that come our way. In this article, we will explore the reasons why having Christ as Lord is essential for a healthy and fulfilling life.

## **The Foundation of Love**

At the core of Christ's teachings is the message of love. By accepting Him as Lord, we open ourselves up to experiencing the unconditional love of God. This love becomes the foundation upon which we can build our relationships, and it empowers us to love others selflessly. With Christ as our guide, we are compelled to treat others with compassion, forgiveness, and grace. Love becomes the

cement that holds our relationships together, ensuring their strength and longevity.



## The Peaceful Mom: Building a Healthy Foundation with Christ as Lord by April Cassidy (Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1218 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 280 pages



### The Foundation of Purpose

Christ gives our lives a profound sense of purpose. As we surrender our own desires to His will, we find fulfillment in serving others. By following His teachings, we discover our unique gifts and talents and learn how to use them to make a positive impact on the world. Our purpose extends beyond personal success and becomes focused on making a difference in the lives of others. With Christ as Lord, we have a clear direction and motivation to live a purpose-driven life.

### The Foundation of Hope

In a world full of uncertainties and challenges, having Christ as Lord gives us a steadfast hope. Jesus promises us eternal life, a hope that surpasses any temporary struggles we may face. This hope brings comfort during times of trials and helps us persevere in the face of adversity. With Christ as our foundation, we can approach each day with optimism and confidence, knowing that He is with us every step of the way.

## **The Foundation of Wisdom**

As we build our lives on the teachings of Christ, we gain access to divine wisdom. The Bible serves as a guidebook for navigating the complexities of life and provides us with timeless principles to live by. With Christ as our Lord, we tap into a source of wisdom that surpasses human understanding. His teachings enable us to make wise decisions, avoid harmful paths, and grow in knowledge and discernment.

## **The Foundation of Transformation**

When we invite Christ to be Lord of our lives, we open the door to transformation. His power can reshape our hearts, minds, and character, molding us into the best version of ourselves. As we surrender our old ways and embrace His teachings, we experience growth, renewal, and inner healing. Christ offers us the opportunity to leave behind our past mistakes and step into a new life filled with purpose, joy, and freedom.

## **The Foundation of Community**

Lastly, building a healthy foundation with Christ as Lord connects us to a community of believers. The Church serves as a place of support, encouragement, and accountability. By surrounding ourselves with like-minded individuals, we find strength in unity. We can share our struggles, celebrate our victories, and grow together in our faith. The Christian community becomes a vital part of our foundation, providing fellowship and a network of support.

## **In**

Building a healthy foundation with Christ as Lord is not simply a religious practice but a transformative lifestyle choice. It provides us with a strong base upon which we can thrive in every aspect of life. By embracing the love, purpose, hope,

wisdom, transformation, and community that Christ offers, we set ourselves up for a fulfilling and rewarding journey. So, let us build our lives upon the solid rock of Jesus and experience the blessings that come with having Him as our Lord.

Article by: Your Name

Date: February 20, 2022



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Too many mothers long for peace but despair that it always seems out of reach. The stress of motherhood overwhelms their attempts to be the Christlike mom they aspire to be. Now moms can take heart: no matter where they are on their parenting journey, every mom can experience the power of Christ in a personal way that will radically change their lives, their outlook, their power source, and their approach to motherhood—and every other relationship as well.

April Cassidy, author of *The Peaceful Wife*, returns to discuss how the peace of Christ can be found in the next stage of life. Rather than writing a how-to book on parenting, *The Peaceful Mom* is a guide for moms to lead by example.

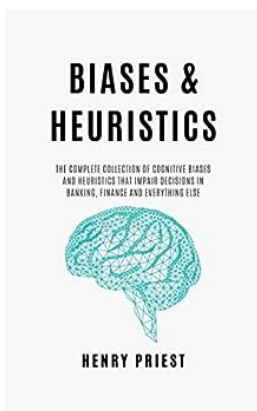
She first shows readers how to have their hearts and minds right with the Lord and to experience peace with God as their new normal. Then from that place of spiritual communion, April teaches moms how this peace helps them relate to their children in healthy, godly ways. Through their own flourishing relationship with Christ, moms can model God's peace in their family dynamics even amid everyday challenges and stress. Cassidy offers tangible, detailed steps to spiritual growth that any mother can follow.

For moms who are ready to receive the healing and transformation available to them through Jesus, this book will open their eyes to see all of life--not just parenting--from a fresh, life-giving perspective.



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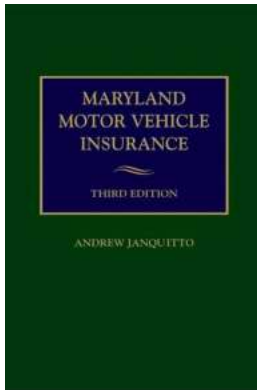
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SARAH PLUMMER TAYLOR, MSW  
Founder of Just Roll With It Wellness

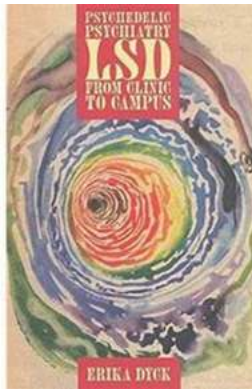
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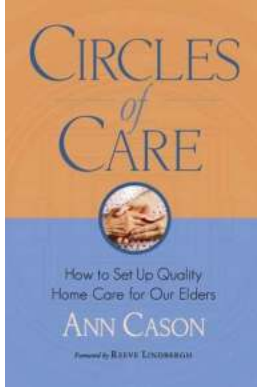
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