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# Daily Devotional, Friday, May 19, 2017 - Standing on a Firm Foundation

MAY 19TH 2017 BY DEE LOFLIN

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**Isaiah 52:7; Romans 10:15**

When was the last time you had a Bible study on the topic of feet? In all likelihood, you haven't ever had such a lesson. In fact, you might even be squeamish at the thought of focusing on feet. The apostle Paul, however, did not avoid the subject. He made feet a focal point of one of his most powerful messages: the discussion in [Ephesians 6:10-18](#) about the armor of God. Let's take a closer look.

Four times in four verses (vv. 11-14 NIV), Paul declares that the armor's purpose—the value in putting it on piece by piece—lies in its ability to help us “stand,” “stand against the devil's schemes,” “stand [our] ground,” and “stand firm.” And of course, armor would be incomplete without shoes—which Paul identified as “the preparation of the gospel of peace” (v. 15). Clearly, he knew Christians needed to be on a solid foundation when facing opposition.

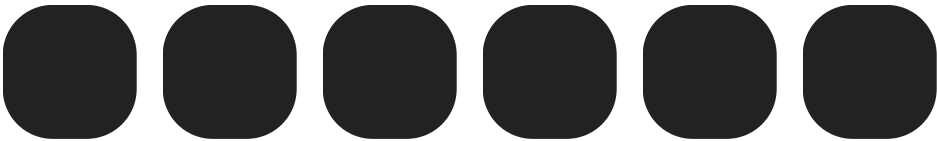
The Roman soldier's sandals had an often overlooked feature: a long spike at the heel of the shoe. Its purpose was to allow the warrior to plant his feet firmly in the ground when an opponent approached. With his feet secured in this way, the soldier had an obvious advantage: He would be able to stand his ground. This part of his uniform enabled him to keep his footing even as he faced the danger.

That is precisely what the heavenly Father wants for every one of His children: the ability to stand firm in the face of troubles. This is possible, however, only when we plant our feet on a firm foundation—the foundation of faith in Jesus Christ. Is your faith well grounded?

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