

Foundations

Participant Guide

Session 1: What is Foundations?

Welcome to Foundations! The goal of this 9-session class is to promote spiritual growth by using the Bible to study essential topics about Christianity. Each session will provide an opportunity for personal study, group sharing and facilitated discussion.

We divided this class into 9 sessions:

- Session 1: What is Foundations?
- Session 2: What is a Christian?
- Session 3: Who is God?
- Session 4: Who is Jesus?
- Session 5: Who is the Holy Spirit? What is the Trinity?
- Session 6: What is the Bible?
- Session 7: What is the Church?
- Session 8: What are some additional essential topics? Part 1
- Session 9: What are some additional essential topics? Part 2

Here are some tips to help with this study:

- Make sure you have access to a Bible – electronic or physical
- Plan to spend 1-3 hours studying for each session (schedule it on your calendar)
- Have a quiet place to study
- Ask God to help you as you study
- Be consistent with study and attendance
- Read for more context