

# foundations



Jesus said, "**Come** to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28

**DEVELOPING  
WORKERS  
FOUNDATIONS**

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## Table of Contents

Chapter 1. God of the Bible.....	3
Chapter 2. Your Heavenly Father.....	5
Chapter 3. Jesus.....	9
Chapter 4. How to Have Eternal Life with God .....	13
Chapter 5. The Holy Spirit.....	19
Leader Notes .....	24

### (Study the Leader Notes before leading a Foundations meeting)

- How to Lead a Foundations Meeting
- Foundations Checklists
  - Pre-Meeting Reminders
  - Post-Meeting Evaluation
- Foundations Essentials

### Instructions for a Group Meeting

1. If there is not a leader, appoint one
2. You can rotate leadership if appropriate
3. The leader should study the Leader Notes and use the checklists before and after the meeting
4. The leader should not lecture or talk too much
5. **Let people read each verse, bullet point, and other information in order around the circle.**
6. The leader should ask the discussion questions.
7. The questions can be answered by anyone.
8. All discussion questions are preceded by this symbol: ➤
9. The leader may ask does anyone else have anything to say

### Instructions for Meeting One on One

1. Leaders should study the Leader Notes and use the checklists before and after the meeting
2. The leader should not lecture or talk too much
3. You can take turns reading the verses, bullet points, and other information
4. The leader should ask the discussion questions.

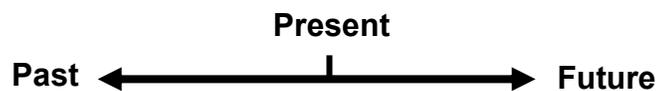
## Chapter 1. God of the Bible

### All of God is every place, all of the time

- Past, present, and future
- All of God is in the smallest and largest places
- God is not limited by space and time

- Why is it important that God is not limited like we are?

God knows everything about the past, present, and future



- How can it be comforting to understand that God knows everything?
- How can it be intimidating to understand that God knows everything?

### God created everything

- The universe
  - The earth
  - Plants, animals, and people
  - Space and time
- What does it say about God that He created everything?

The observable universe is about 93 billion light years in diameter.  
(898 billion trillion kilometers)

- The universe is big
- **God is bigger**

**God Reveals Himself  
through His Word and His World**

## Trinity

Father



Holy Spirit

Son

- God exists in 3 identities He has revealed to us
- Father, Son, and Holy Spirit
- The 3 in 1 is called the Trinity
- They are different and the same

The Trinity is a mystery that can only be understood by faith in God who is every place, who knows everything, and who created everything.

- **Why does it make sense that there might be things about God that might be hard to understand?**
- **What did you learn about God of the Bible?**

### God reveals Himself to us in these three different ways

- **God the Father**

- Our loving heavenly Father

- **God the Son**

- Jesus is our brother
- Jesus became a human and shows us that God understands us
- Jesus gave us the way to have spiritual birth and bring us into relationship with God

- **God the Holy Spirit**

- The Holy Spirit is our intermediary with God
- The Holy Spirit gives us the power to grow spiritually

- **Which of the three persons of the Trinity do you most relate to? Why?**
- **How does God relating to you as father, brother, and intermediary help you understand how God is reaching out to you and wants you to be part of His family?**

- This God of the Bible wants to know you and to be known
- The 3 identities of the Trinity are included in following chapters

### **God of the Bible Summary**

- All of God is every place, all of the time
- God knows everything about the past, present, and future
- God created everything
- God reveals Himself to us in these three different ways (Trinity)
  - Father
  - Son
  - Holy Spirit

## Chapter 2. Your Heavenly Father

### Characteristics of God

God is good; his love lasts forever. Psalm 107:1

I the LORD do not change. Malachi 3:6

- **Why is it important that God is good, His love lasts forever and He doesn't change?**

I can trust that a good God who has everlasting love and never changes does love me.

- **How do you feel about these facts about God?**

### God Created You

Now we will make human beings. They will be like us and resemble us. They will be responsible for the Earth itself, and every animal. Genesis 1:26.

- **How are we special?**
- **What position of responsibility did God give us?**

### God Loves You

- God created us to love us. Love comes from God.
- God loved us and sent his Son to be the way by which our sins are forgiven. 1 John 4:7-10  
Sins are bad thoughts, words, and actions

See how much the Father has loved us! His love is so great that we are called God's children. 1 John 3:1.

- **How much does God love you?**
- **Who are you to God?**

God has examined me and knows me. God knows everything I do. God understands all my thoughts. God sees me. God knows all my actions. Even before I speak, God knows what I will say. Psalm 139:1-4

- **How does it make you feel to know that God knows everything about you including your thoughts?**

You can trust God knowing everything about you because He loves you

## God's Blessings to You

Through Christ, God has blessed us with every spiritual blessing that heaven has to offer. Ephesians 1:3.

### Examples of Spiritual Blessings

- God's love
- Forgiveness
- Eternal life
- Peace
- Prayer
- God's Word (The Bible)
- God's Spirit in us
- Help in temptation

Our sins are forgiven through the sacrifice of Jesus. God forgives our sins because of His great kindness. God revealed the mystery of his will to us. Ephesians 1:7, 9.

God reveals the mystery of His will to us in the Bible

Don't you know that you yourselves are God's temple and that God's Spirit lives in you?  
1 Corinthians 3:16.

The Spirit of God lives in those who have accepted Jesus,  
not in church buildings

God has given us everything we need to live our life on the earth and to have eternal life with God.  
2 Peter 1:3.

- **What are some of the things God has given us?**

The constant love of God never ceases. His kindness lasts forever. These are new every morning.  
Great is His faithfulness. Lamentations 3:22,23.

- **What do you learn about God's blessings to you?**

## **Your Heavenly Father Summary**

- **Characteristics of God**
  - God is good
  - God works for your good
  - God never changes
- **God created you**
  - You were created to be like God
  - You were created to care for the earth
- **God loves you**
  - God sacrificed His Son for you
  - God knows you
  - God loves you as much as parents love their children
- **God's blessings to you**
  - Every spiritual blessing
  - Forgiveness
  - Knowledge of His will
  - The Holy Spirit
  - Everything you need for living on earth and to have eternal life with God
  - God's love, kindness, and faithfulness
  - His blessings are new every morning and they never cease

## Chapter 3. Jesus

- Some say Jesus was just a great man. Others say He was just a prophet.
- Jesus claimed that He is God. If Jesus is not God, then He is a liar and deceiver.

Jesus is entirely God and entirely man

- As God He had the power to pay the penalty for our sin by His death on the cross for all who believe.
- As a man He was able to communicate and show that He understands us.

### Jesus is God

*Jesus: "I and the Father are one." John 10:28-30.*

- Jesus said that He is God

We learn much about Jesus' divinity in Hebrews chapter 1.

- Jesus owns all things
- Jesus created the universe
- Jesus revealed the nature of God
- Jesus is the exact likeness of God
- Jesus holds the universe together
- God the Father says about Jesus
  - "Your rule, O God, will last for ever and ever"
  - "In the beginning, O Lord, you created the heavens and the earth"
- Jesus never changes
- Jesus lives forever

➤ **What does God the Father call Jesus?**

➤ **What did Jesus do?**

Jesus has the characteristics of God

- Jesus cured a man of his leprosy. Matthew 8:3
- Jesus healed paralyzed people. Mark 2:3-12
- Jesus healed many sick people. Matthew 8:16-17

Jesus shows He is God  
by His supernatural power to heal people

- Jesus calmed a storm. Matthew 8:23-27  
Jesus shows He is God by His supernatural power over nature
- Jesus brought a dead man back to life. John 11:39-44  
Jesus shows He is God by His supernatural power over death

➤ **Why did people believe Jesus was God during His life?**

- Jesus died to pay the penalty for our sins. Romans 4:25
- Jesus rose from the dead to prove that He is God. Matthew 28:5-7  
Easter is the celebration of Jesus rising from the dead
- Jesus revealed Himself to people after His death.  
Matthew 28:16-20, Mark 16:14-15, Luke 24:33-37, John 20:19-20, 1 Corinthians 15:3-7
- Jesus rose into heaven 40 days after He rose from the dead. Acts 1:8-9

**Jesus is God Summary**

- Jesus said He is God
- Jesus created the universe and holds it together
- God the Father said He is God
- Jesus healed people
- He showed his supernatural power over nature
- He brought a man back to life
- He lived a sinless life (Totally good)
- He died to pay the penalty for our sins
- He came alive from the dead
- He rose into heaven

➤ **Why did people believe Jesus was God after His death?**

➤ **From what you have learned from the Bible, why do people believe that Jesus is God?**

## Jesus Was a Man

- Jesus experienced birth. Luke 2:1-7.  
Christmas is the celebration of the birth of Jesus
- Jesus grew mentally, physically, spiritually, and socially just as we do. Luke 2:52.  
Jesus developed as a boy
- Jesus became tired and thirsty. John 4:7
- Jesus became sad and wept. John 11:35

Jesus experienced human  
physical and emotional characteristics

- Jesus suffered. Hebrews 2:10  
Jesus experienced suffering just as we do
- Jesus calls us brothers and sisters. Hebrews 2:11
  - Jesus is our brother.
  - We are part of Jesus' family.
- Jesus was tempted to sin. Hebrews 2:18
  - Temptation is the opportunity to do a bad thing
  - Sin is actually doing the bad thing

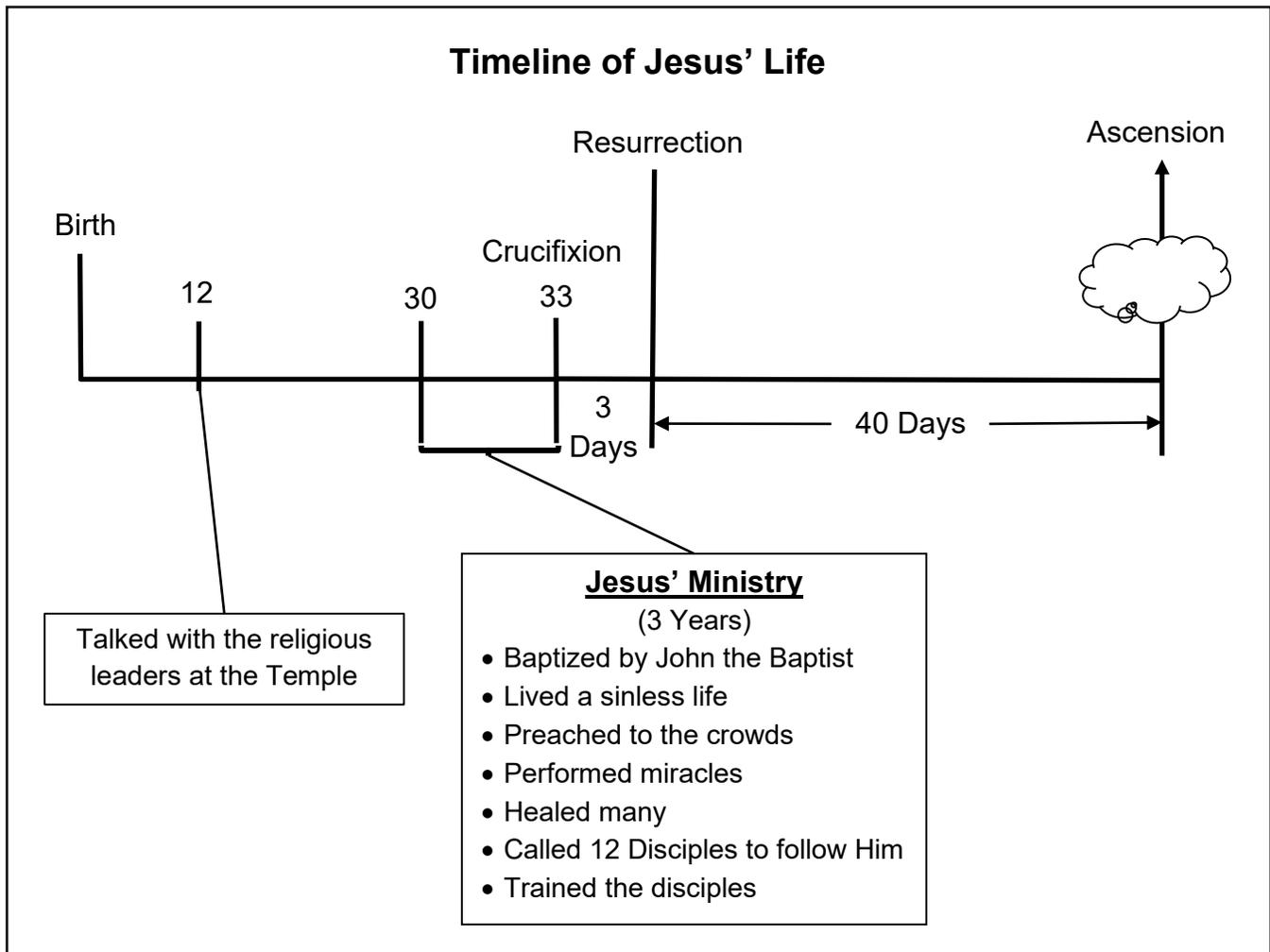
Jesus was tempted to sin just as we are,  
but He didn't sin

- Jesus experienced death. Romans 4:25

### **Jesus Was a Man Summary**

- Jesus experienced birth
- Jesus developed as a normal boy
- He experienced human physical and emotional characteristics
- He calls us brothers and sisters
- He suffered and was tempted as we are but He did not sin
- He experienced death

- **What is your response to the fact that God became a man to show His love for you and to suffer and die to make you His child?**



➤ From the timeline above, how was Jesus' life different than any other life?

### Jesus Summary

- Jesus is God
  - Jesus said He was God
  - God the Father said He is God
  - He healed and performed miracles
  - He lived a sinless life (Totally good)
  - He came alive from the dead
  - He rose into heaven
- Jesus was a man
  - Jesus experienced birth
  - Jesus developed as a normal boy
  - He grew weary, was thirsty, and wept just as a man would
  - He calls us brothers and sisters
  - He suffered and was tempted as we are, but He did not sin
  - He experienced death

We know that God understands us because He became one of us

## Chapter 4. How to Have Eternal Life with God

- In this chapter you will see that God loved you even when you were going your own way and were not even interested in Him.
- God loves you so much that He sent His Son to die in your place to pay the penalty for your sin.
- All you have to do is to receive Jesus into your life for the forgiveness of sins in order to receive eternal life.
- You will learn that you have eternal life based on the trustworthiness of God and His Word and not because you deserve it or have earned it.

### God's Plan

- In the beginning there was **God**.
- God created **mankind**.



1. What kind of life did God create for us to live?

*For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. John 3:16.*

*I came that they may have life, and have it abundantly. John 10:10.*

- In a **love** relationship with him
- **Eternal** life
- **Abundant** life

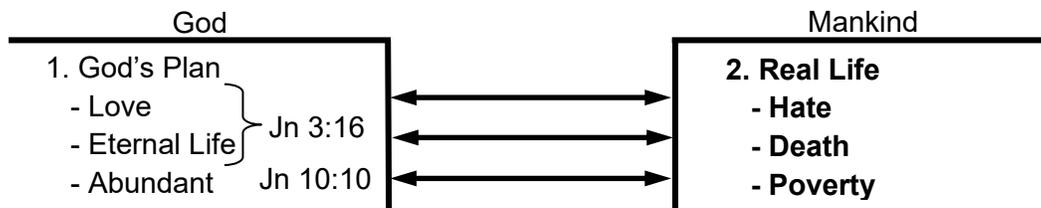


### Our Problem

2. What is life in the world really like today?

- Instead of love there is **hate**.
- Instead of eternal life there is **death**.
- Instead of abundance there is **poverty**.

Real life is different from the way God created it to be lived

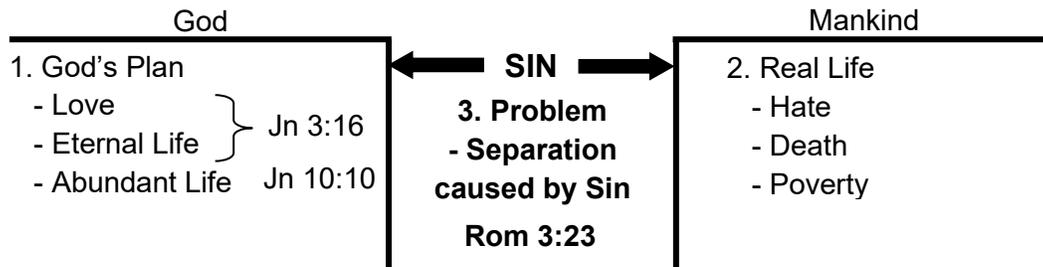


3. Why is real life different than the way God created it to be lived?

- The first man and woman God created chose to sin
- All people since then sin

Since all have sinned and fall short of the glory of God. Romans 3:23.

- **Sin** separates us from God and causes all the bad things in life.
- Sin is choosing to think, say, and do what is wrong



4. We try many ways to get back to God but we cannot overcome our sin.

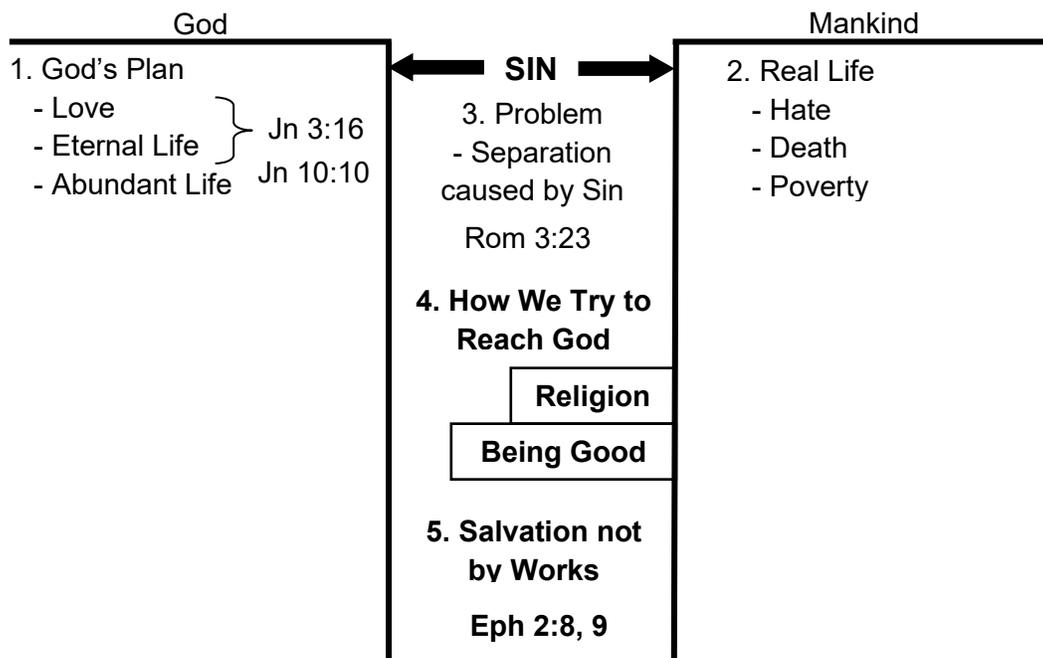
- Religion
- Being Good

➤ **What are other ways people try to reach God?**

5. According to the Bible, how effective are our efforts to reach God?

*For by grace you have been saved through faith; and this is not your own doing, it is the gift of God— not because of works, lest any man should boast. Ephesians 2:8-9.*

- **No works** will save us from the results of our sin.



## God's Solution

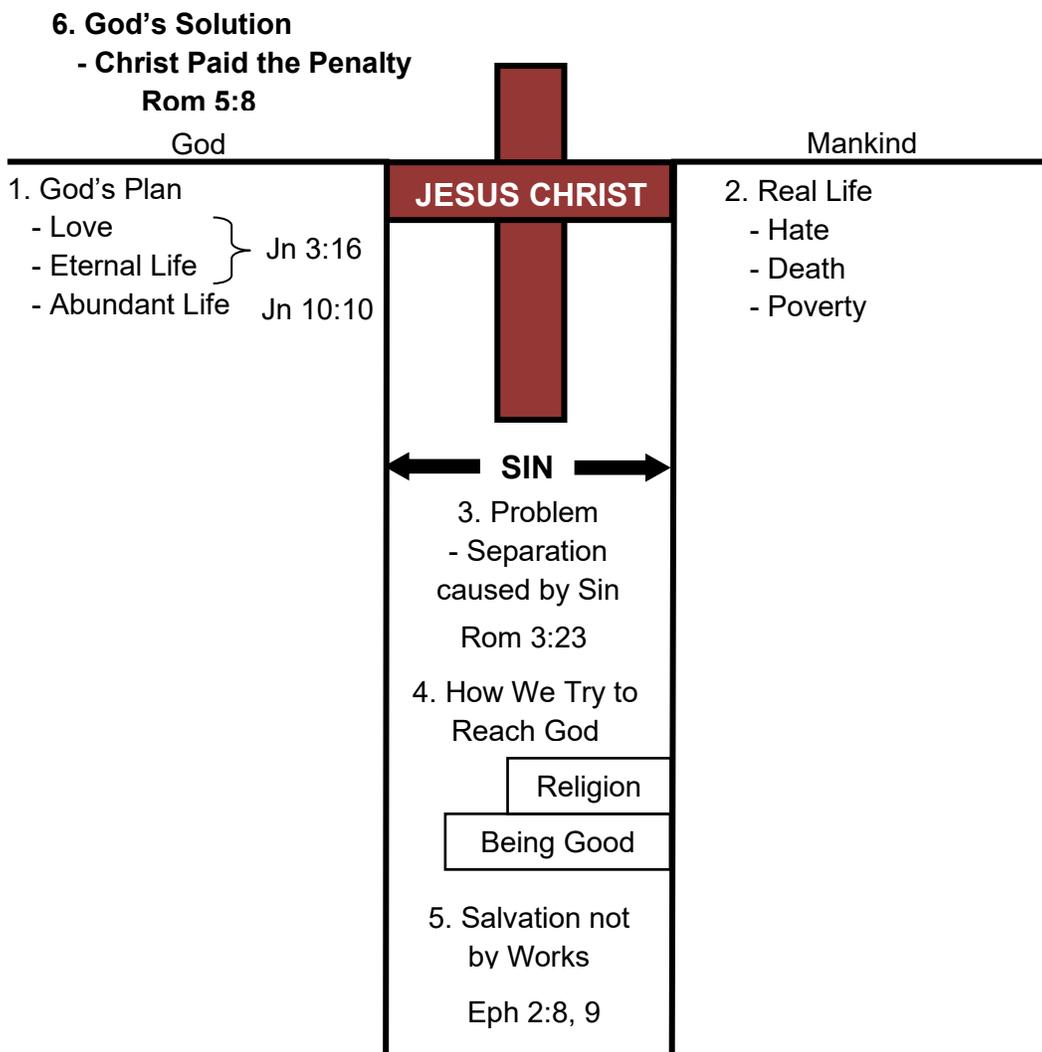
6. Our position looks hopeless. What we can't do for ourselves God has done for us.

What is God's solution for our sin and separation from him?

*God is on one side and all the people on the other side, and Christ Jesus, himself man, is between them to bring them together. 1 Timothy 2:5.*

*But God shows his love for us in that while we were yet sinners Christ died for us. Romans 5:8.*

- Christ paid the penalty for our sins to bring us to God.
- God became a human who never sinned (Jesus).
- Jesus took on the sin of every person for all time.
- His death on a cross gives forgiveness from sin.



## Your Response

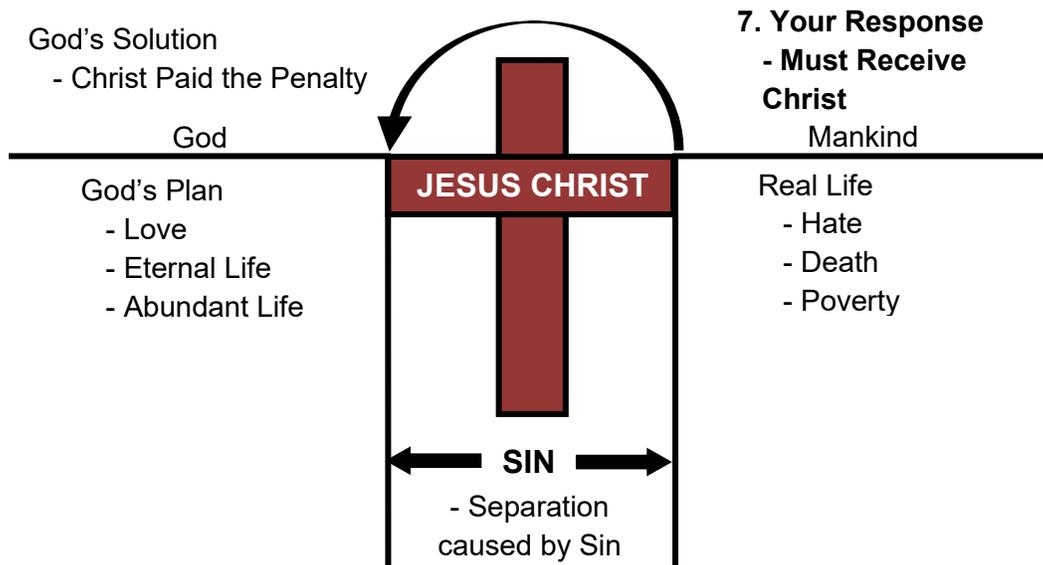
7. What is your part in all of this?

What must you do to have your sins forgiven, to receive eternal life, and be united with God?

*But to all who received him, who believed in his name, he gave power to become children of God.*

*John 1:12.*

- Jesus' death on a cross gives forgiveness from sin to those who believe that Jesus did this for them
- Believe Jesus died on the cross for your sins to receive forgiveness and to live forever with God
- I must accept the bridge God offers and walk across by faith.



8. Which side of the bridge are you on, God's side or mankind's side?

To receive Christ and eternal life and be on God's side of the chasm, you simply ask Jesus to come into your life in prayer.

Jesus,  
I am sorry for my sins.  
I believe that you died on the cross for my sins.  
Please come into my life, forgive me, and give me eternal life with you.  
Amen

- If you prayed this prayer, welcome to God's family. You now have eternal life with God.
- In the "Grow" section of Foundations you will learn how to grow in your faith through God's Word, prayer, and encouraging fellowship.

## You Can Know that You Have Eternal Life

*And this is the testimony: God has given us eternal life, and this life is in his Son. He who has the Son has life; he who does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. 1 John 5:11-13.*

- Who gives eternal life?

**God**

- Where is eternal life found?

**Jesus the Son of God**

- Who has eternal life?

**He who has Jesus**

- Can you know that you have eternal life?

**Yes, you can know**

*I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life. John 5:24.*

- What 3 things are the result of hearing and believing?

1. Eternal life
2. Will not be condemned
3. Crossed over from death to life

- If you were to die and go to heaven and God asked you, "Why should I allow you into heaven?" what would you say to Him?
- How do you know that you have eternal life?

Memorize 1 John 5:11-12 to help you remember that you have eternal life based on God's Word.

### **Assurance of Salvation**

*1 John 5:11-12*

*And this is the testimony: God has given us eternal life, and this life is in his Son. He who has the Son has life; he who does not have the Son of God does not have life.*

## Chapter 5. The Holy Spirit

### Who has the Holy Spirit?

- Jesus promised that God would give believers the Holy Spirit. John 14:16
  - The Holy Spirit is called Counselor and Comforter. It means “Helper”.

The Holy Spirit is God

- Those who believe in Jesus have the Holy Spirit in them. 1 Corinthians 2:12. 1 Corinthians 3:16

### The Role of the Holy Spirit

- The Spirit teaches us and reminds us of what Jesus said. John 14:26
- The Spirit guides us into the truth. John 16:13

What Jesus said and the truth are in the Bible

- The Spirit helps us understand what God has given us. 1 Corinthians 2:12

#### ➤ **What are some things God has given us?**

- The Spirit lets people know that they sin. John 16:8-11  
(Sin is to think, say, and do what is wrong)

Doing what is wrong makes us have a guilty conscience

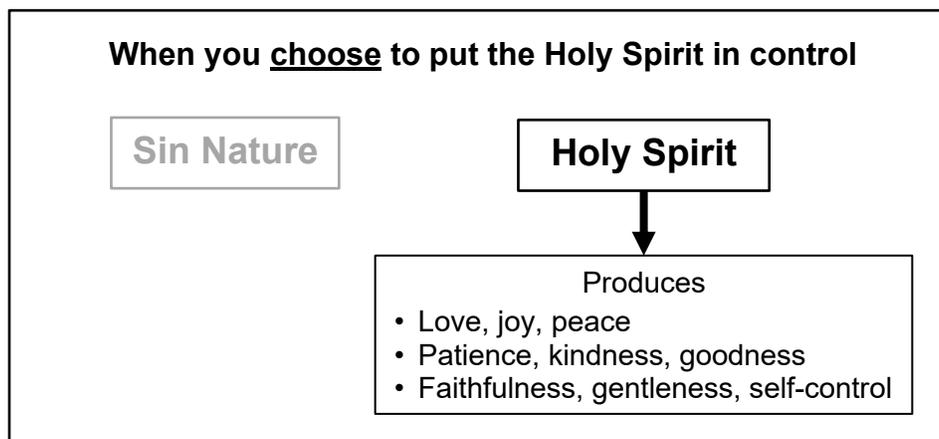
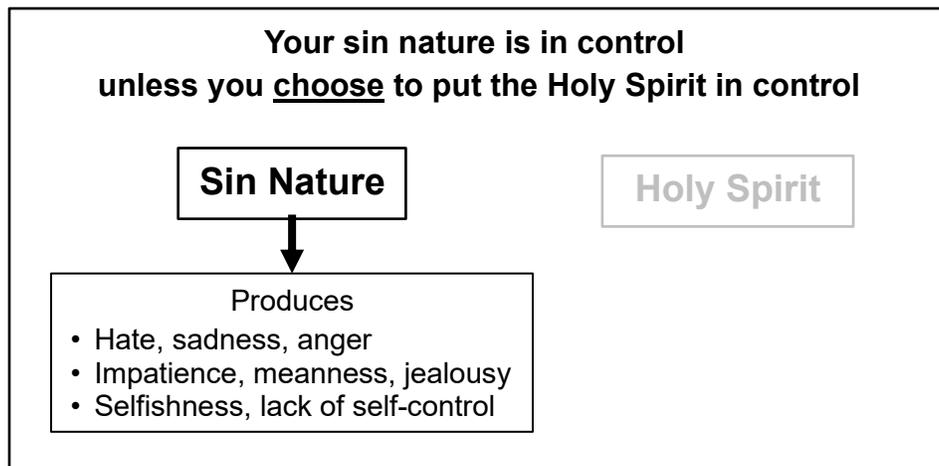
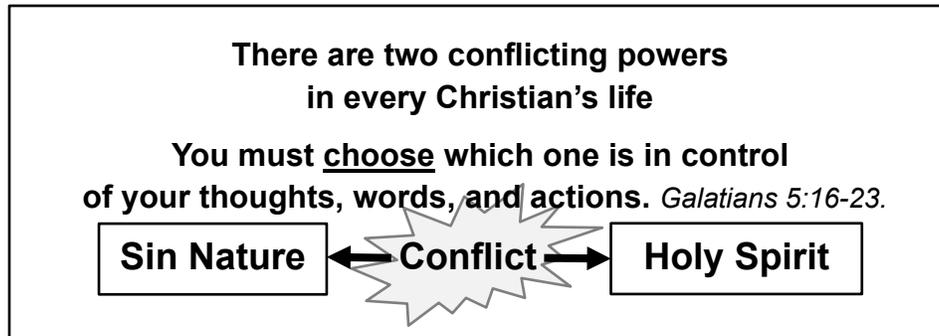
We should not try to convict someone of their sin because it is the role of the Holy Spirit.

- The Spirit guides us into all truth. John 16:13
- The Spirit helps us praise Jesus by recognizing that Jesus is God. John 16:14
- When we give control of our lives to the Holy Spirit, He gives us a life of joy and peace. Romans 8:6  
We can tell if our mind is not controlled by the Spirit if we are having negative thoughts or being anxious or worried.
- Sometimes we feel unworthy because we don't act like God's children, so the Holy Spirit reminds us that we are God's children. Romans 8:16
- The Spirit helps us in our weakness. Romans 8:26
- The Spirit prays for us according to what is best for us. Romans 8:26-27  
Sometimes we don't know what to pray for. (Prayer is just talking with God)

- Examples of things we don't know what to pray for:
  - Unrest in our thoughts or feelings
  - Confusion about God's will in a situation
  - Things about ourselves and others we don't understand

### Your Response to the Holy Spirit

- All people are born with a sin nature.
- We all think, say, and do wrong things sometimes.
- Christians have their sins forgiven because of their faith that Jesus died on the cross for them
- Christians still have their sin nature, but they also have the Holy Spirit in them.

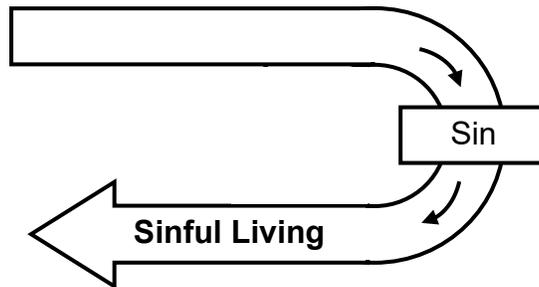


- Pray to God and give the Holy Spirit control of your life at the start of every day
- Then you keep the Holy Spirit in control as described below

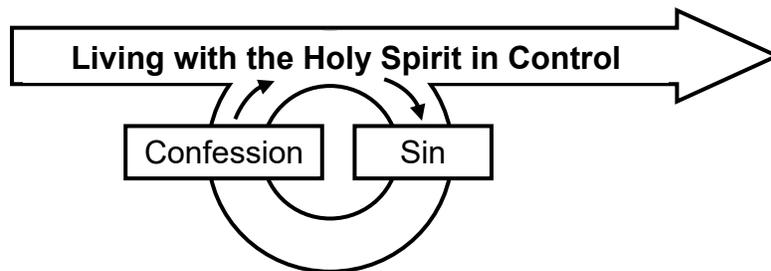
- When we give the Holy Spirit control of our life, we experience the good things from the Holy Spirit



- When we sin, we take control of our life away from the Holy Spirit and our sin nature is in control



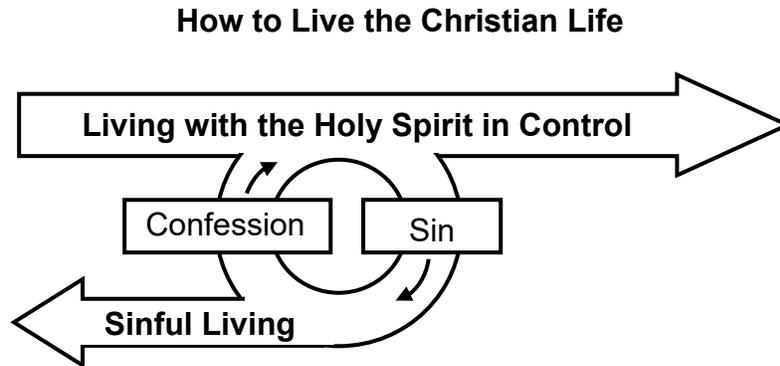
- When we confess our sin, we are giving control of our life back to the Holy Spirit
  - To confess is to ask God to forgive you
  - God forgives you



## Be filled with the Spirit

(Ephesians 5:18)

- To be filled with the Spirit is to choose to be controlled and empowered by God.
- Being filled with the Spirit is not about some kind of self-improvement program.
- It is not a onetime experience, but a frequent decision to obey God in specific situations rather than follow your sinful nature.
- When you do take control of your life back from God, you need to quickly ask God's forgiveness and give control back to God.
- Remember that God loves you and knows what is best for you.



- God is sad when we sin because it hurts us
  - Get rid of all bitterness, temper, anger, quarreling, cursing, and hatred
  - Be kind and sympathetic
  - Forgive others as God forgives you. Ephesians 4:30-32
- 
- There are 2 types of Christians. 1 Corinthians 3:1-3
    - Mature Christians and Immature Christians
  - Mature Christians
    - Are growing spiritually through God's Word
    - Give the Holy Spirit control of their lives
  - Immature Christians
    - Are not growing spiritually through God's Word
    - Don't give the Holy Spirit control of their lives

## **“The Holy Spirit” Summary**

- Who Has the Holy Spirit?
  - Jesus promised to send us the Holy Spirit when he ascended into heaven
  - Those who believe in Jesus have the Holy Spirit in them
- The Role of the Holy Spirit
  - The Holy Spirit:
    - Teaches us and reminds us of what Jesus said
    - Helps us understand what God has given us
    - Lets us know that we sin.
    - Guides us into all truth
    - Helps us praise Jesus by recognizing that Jesus is God
    - Gives us a life of joy and peace
    - Reminds us that we are God’s children
    - Helps us in our weakness
    - The Spirit prays for us according to what is best for us.
- Your Response to the Holy Spirit
  - The Holy Spirit and our sinful nature are in conflict
  - We must choose to allow the Holy Spirit to control and empower us
  - When the Holy Spirit is not in control, we experience bad things
  - With the Holy Spirit in control, we experience good things
  - Give the Holy Spirit control of your life at the start of every day
  - When we sin, we take control of our life away from the Holy Spirit and our sin nature is in control
  - When we confess our sin, we are giving control of our life back to the Holy Spirit
  - When you sin, ask God to forgive you and He will forgive you
  - God is sad when we sin because it hurts us
  - Forgive others as God forgives you
  - Mature Christians give the Holy Spirit control of their lives
  - Immature Christians don’t give the Holy Spirit control of their lives

## Leader Notes

(Study the Leader Notes before leading a Foundations meeting)

### How to Lead a Foundations Meeting

1. You can lead Foundations with one person or with a small group
2. Study the “Foundations Leader Training Guide” at [foundationsglobal.com](http://foundationsglobal.com).
3. Study the Foundations material before you lead a meeting with it
4. Pray as you prepare each study that God would teach you and change your life and show you how to guide others
  - Pray before and after each meeting.
    - Pray yourself during the first few meetings and ask others when you think they are ready.
  - Pray every week for each person by name.
5. Use the Foundations Meeting Checklist before and after each meeting.
6. Don't lecture or talk too much
  - God is the teacher in Foundations.
  - Foundations includes discussion questions that help people participate.
7. Make sure everyone participates
  - Let people read each verse, bullet point, or other information in order around the circle.
  - The leader should ask the discussion questions.
  - The questions can be answered by anyone.
  - The leader may ask does anyone else have anything to say.
  - You may need to direct specific, non-threatening questions to those who aren't participating.
8. If someone is talking too much, direct a question to someone else, or ask “What does someone else think?”
9. Help everyone feel valued
  - Give some positive response to every answer to every question.
    - Even if someone gives a wrong answer, you can say “Thank you for sharing”
    - Then you can ask, “What does someone else think?”
  - This will help people participate more actively.
10. Keep it simple for unbelievers and new believers.
  - You will have time to help them grow in all of the ingredients of a disciple
11. When people ask a question that is answered in a future section, say “That's a good question. We will talk about that in the future.” This happens a lot. Don't answer the question. It is better that they see the answer for themselves from the Bible later on.
12. Relationships are important and take time to develop.
  - Having fun together is very important.
  - You must open up and share about your own hurts and struggles.
  - People gradually need to open up and share about their lives.
13. Don't feel that you must cover a certain amount of material at each meeting.
  - Foundations is about life change and life change takes time.
  - Jesus took three years to make His disciples.
14. Start and end on time
  - It's good to stay afterward and talk with those who want to.
15. During the first meeting:
  - **Explain the importance of confidentiality**
  - Explain that this will be short-term and that the duration varies.
  - Toward the end of the **Come** section, let the members know that they can continue into the **Grow** section.

## Foundations Checklists

(Use before and after each meeting for yourself and your apprentice)

### Pre-Meeting Reminders

1. Don't talk too much
2. Remember that God is the teacher
3. Ask questions and listen
  - Help people self-discover
4. Keep it simple for unbelievers and new believers
5. Make sure everyone participates
6. Give positive feedback to every answer
7. Look for potential apprentices
8. Pray for the meeting

### Post-Meeting Evaluation

1. What were some positive experiences?
2. Did everyone participate?
3. Did I give positive feedback to every answer?
4. Did I talk too much?
5. Did someone else talk too much?
6. Did we deviate from the topic?
7. Did I keep it simple for unbelievers and new believers?
8. Other observations?
9. Do I need to follow up with someone who was absent?
10. Pray for the people

## Foundations Essentials

1. Jesus' Goal: **Finish the Great Commission**
2. Jesus' Method: **Multiply** disciples
3. Jesus Model: **Train leaders** by apprenticeship
  - Initial training with the Foundations Leader Training Guide
  - **Apprenticeship**
  - Ongoing training in the Foundations Leader Team
4. Material (All material is free at [foundationsglobal.com](http://foundationsglobal.com))
  - **Foundations Discipleship Material**
    - Follows **Jesus' process** of sequential learning  
Come, Grow, Serve, Go
    - Includes **all of the ingredients** of a disciple  
("obey everything I have commanded you")  
Know God, God's Word, Prayer, Fellowship, Service, Outreach
  - **Foundations Leader Training Guide**
5. God is the teacher
  - We **facilitate** discussion by asking questions, we **don't lecture**.
  - We help people **self-discover** and **apply** God's Word to their lives