

# Foundations

## Participant Guide

### Session 8: What are some additional essential topics (Part 1)?

Although we may never completely understand God, He is knowable and wants to be known. God wants humanity to have a right relationship with Him. Because of sin, we cannot approach God directly. We need a Mediator to provide access to God. Through the sacrifice of Jesus Christ, He provides the way for humanity to have a right relationship with God. Jesus promised not to leave believers as orphans but to send a Helper like Himself. The Holy Spirit, God the Spirit, helps us to live the Christian

We have learned that God is knowable and wants to be known. Because of sin, humanity cannot approach God and needs a Mediator to have access to God. Through the sacrifice of Jesus Christ, humanity can have a right relationship with God. The promise of the Father, the Holy Spirit, helps believers to live the Christian life. The primary way God communicates with His followers is through the Bible. The Bible is a collection of history, poetry, prophesy, and letters, providing instruction and guidance for Christian living. The Bible is absolutely trustworthy, with strong evidence supporting its reliability.

As believers began to meet together, the Church was born. The Church refers to all believers across the world and throughout history who have accepted Jesus Christ as Lord and Savior. The local church is an assembly of believers who meet together “in order to stir up love and good works.”

Different denominations show the diversity of the expression of worship but should not cause divisions among believers. Although the Bible does not present a specific form, there are different types of church government.

Acts 2:42 provides four activities of the early church that continue to be key activities of a healthy church today. The four activities are regular Bible teaching, regular fellowship, participation in the Lord’s supper and prayer. We studied Bible teaching and fellowship in previous studies (“What Is The Bible?” And “What Is The Church?”) What is the Lord’s supper or communion? When should one participate in communion? What is prayer? How does one participate in prayer?

By the end of this session, you should be able to:

- Explain the importance of communion
- Explain the importance of the prayer

**Please answer the following questions.**

**1. Read Luke 22:14-23. What do you learn about communion from the words of Jesus?**

**2. Why is communion important based on the following verses?**

**1 Corinthians 10:16-17**

**1 Corinthians 11:23-30**

**Acts 2:42**

**3. Read 1 Corinthians 11:27-30. What is the connection between communion and self-examination?**

**Optional: 4. What types of prayer can you identify from these verses?**

Types of prayer could intercession (praying for others), praise to God, confession (admitting sin to God), thanksgiving (thanking God), request (asking God for help), etc.

**Exodus 32:31-32**

**Psalms 47:1-2**

**Psalms 51:3-4**

**Philippians 4:6**

**5. How do the following verses challenge or encourage you about prayer?**

**Ephesians 6:18**

**Hebrews 4:16**

**James 1:6**

**6. Read Matthew 6:5-15. What do you learn about prayer from these verses?**

**7. Based on the group discussion, notes, and your personal study, what has encouraged or challenged you from this session?**