# Foundations

## Session 1: What is Foundations?

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

We divide this study 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

## 2026 Study 2 Foundations Schedule

| Sessions | Date | Location |
|---|---|---|
| Session 1 - Introduction | September 14, 2026 | Room 4 |
| Session 2 - What is a Christian? | September 21, 2026 | Room 4 |
| Session 3 - Who is God? | September 28, 2026 | Room 4 |
| Session 4 - Who is Jesus? | October 5, 2026 | Room 4 |
| Session 5 - Who is the Holy Spirit? What is the Trinity? | October 12, 2026 | Room 4 |
| Session 6 - What is the Bible? | October 19, 2026 | |
| Session 7 - What is the Church? | October 26, 2026 | Room 4 |
| Session 8 - What are Some Additional Essential Topics? Part 1 | November 2, 2026 | Room 4 |
| Session 9 - What are Some Additional Essential Topics? Part 2 | November 9, 2026 | Room 4 |

**All session are on Monday from 6:30 PM to 8:00 PM.**

# Foundations

## Session 2: What is a Christian?

For some, Christianity is very familiar ground. For others, Christianity may be new and difficult to understand.

Regardless of your experience with Christianity, defining the term “Christian” can be challenging. From previous experiences and from the media, we have some ideas about what a Christian is. Are these ideas true? How do your thoughts about the definition of a Christian compare to the Bible? In this session, we discuss and dialogue about what it means to be a Christian.

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

- Explain who a “Christian” is from a biblical perspective
- Describe how to become a Christian
- Identify Bible verses that support assurance of salvation
- Explain the difference between a Christian and non-Christian

**1. What is a Christian to you? How would someone who is not a Christian define a Christian?**

**2. How do the key words listed in the following verses relate to the salvation we have in Christ?**

Justified - Romans 3:28

Sanctified - 1 Corinthians 6:11

Glorified - Romans 8:30

**3. What do the following verses teach about salvation?**

Romans 3:23

Romans 6:23

Galatians 4:4-5

Romans 10:9-10

Ephesians 2:8-9

**4. How do the following verses provide assurance of salvation?**

John 3:16

John 5:24

**5. Read Psalm 1. How is a Christian different than a non-Christian based on this Psalm?**

**6. What are the results of being a Christian based on the following verses?**

Psalm 23:4

Matthew 6:25

John 16:13

Romans 5:1

Romans 8:1

1 Corinthians 15:51

Revelation 21:4

**7. Based on the class session, notes, and your personal study, what have you learned from this session?**

**Additional Resources:**

Mere Christianity by C.S. Lewis

Why Grace Changes Everything by Chuck Smith

The Pilgrim's Progress by John Bunyan

Absolute Surrender by Andrew Murray