

# FOUNDATIONS



## COURSE GOALS

- **Spiritual Understanding**- Learn who Jesus is and grasp the key truths of the Christian faith.
- **Build Spiritual Habits** - Develop prayer, Bible study, and worship practices that strengthen your faith.
- **Connect with Community** - Build meaningful relationships with others on a similar journey.
- **Take Next Steps** - Identify your next One Step in following Jesus and living out your faith.

## COURSE DESCRIPTION

Whether you've just chosen to follow Jesus, rededicated your life to Him, or are exploring what a life with Him is about, this **8-week Foundations Course** is your streamlined guide toward becoming a mature disciple.

We begin with the core Alpha curriculum over the first three weeks, providing a solid introduction to the Christian faith by covering essential topics like **Jesus, the Cross, Faith, Prayer, the Bible, and the Holy Spirit**.

We then smoothly transition into a practical study of the 10 Qualities that move a person from being a new believer into true discipleship. This course format gives you a unique opportunity to connect with others, ask questions, and share your experiences as you walk a new, accelerated journey of faith.

|               |               |                                                                                                                                            |
|---------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>WEEK 1</b> | February 7th  | <b><u>Jesus:</u></b> Who is He?<br><b><u>Cross:</u></b> Why Did Jesus Die?                                                                 |
| <b>WEEK 2</b> | February 14th | <b><u>Faith:</u></b> How Can I Have Faith?<br><b><u>Prayer:</u></b> Why and How Do I Pray?                                                 |
| <b>WEEK 3</b> | February 21st | <b><u>Bible:</u></b> Why and How Do I Read The Bible + SOAP Teachings<br><b><u>Spirit:</u></b> Who Is the Holy Spirit and What Does He Do? |
| <b>WEEK 4</b> | February 28th | Qualities 1 & 2                                                                                                                            |
| <b>WEEK 5</b> | March 7th     | Qualities 3 & 4                                                                                                                            |
| <b>WEEK 6</b> | March 14th    | Qualities 5 & 6                                                                                                                            |
| <b>WEEK 7</b> | March 21st    | Qualities 7 & 8                                                                                                                            |
| <b>WEEK 8</b> | March 28th    | Qualities 9 & 10                                                                                                                           |

| ATTENDANCE                                                                                                                                                                                                                                                                                                                                                                                                   | HOW TO MAKEUP A LESSON                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Your active participation is key to your growth! Completion of the Foundations Course requires attendance at a minimum of <b>6 out of the 8 sessions</b>.</p> <p>If you miss up to two sessions, you are eligible to complete the course by accessing the provided makeup lesson(s) to ensure you don't miss any vital teaching. <b>Be sure to check-in to each sessions to be marked as present.</b></p> | <p>If you miss a session please work through all materials and activities on your own before the next session by scanning below. Once you've completed the lesson, meet with your course lead the following session to discuss and reflect on the content. After submission your attendance will be updated.</p>  |

## GUIDELINES FOR THE GROUP



You don't have to talk if you don't want to



You can ask or say just about anything  
*(as long as you aren't putting other people down or making it so others can't talk)*



Respect each other by listening and welcoming different opinions



Keep things confidential when you leave the group



Please avoid sharing book recommendations or messages without leader approval.



Optional Materials:  
Notebook  
Tablet  
Folder  
Binder

## RESOURCES

Participants are provided with a variety of resources to support their growth. These include weekly discussion guides, the 10 Qualities E-book or audio version, access to the RightNow Media library, a 21-day devotional, and a Bible App devotional.

| 10 QUALITIES E-BOOK<br>DISCOUNT CODE: FOUNDATIONS                                   | RIGHT NOW MEDIA                                                                     | 21-DAY DEVOTIONAL                                                                    | BIBLE APP DEVOTIONAL                                                                  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |

FOUNDATION COURSE LEAD CONTACT: \_\_\_\_\_