

# 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 disciple of Jesus.

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 Who is 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 2		Jesus: Who is He? Cross: Why Did Jesus Die?
<b>WEEK 2</b>	February 9		Faith: How Can I Have Faith? Prayer: Why and How Do I Pray?
<b>WEEK 3</b>	February 16		Bible: Why and How Do I Read The Bible + SOAP Teachings Spirit: Who Is the Holy Spirit and What Does He Do?
<b>WEEK 4</b>	February 23		Quality 1 & 2
<b>WEEK 5</b>	March 2		Quality 3 & 4
<b>WEEK 6</b>	March 9		Quality 5 & 6
<b>WEEK 7</b>	March 16		Quality 7 & 8
<b>WEEK 8</b>	March 23		Quality 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</p> <div>  <p>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> </div>

## 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

Outside of the community aspect of the course, 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 DISCOUNT CODE: FOUNDATIONS	RIGHT NOW MEDIA	21-DAY DEVOTIONAL	BIBLE APP DEVOTIONAL
			

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