



— FOUNDATIONS —
building a life with Jesus

— FOUNDATIONS —
building a life with Jesus

FOUNDATIONS

For comments, edits or questions about the study contact John Teten j.teten@gmail.com

— FOUNDATIONS —

table of contents

TOPICS

CHRIST THE CENTER.....pg 5
OBEDIENCE.....pg 11
WORD.....pg 15
PRAYER.....pg 19
WITNESSING.....pg 23
FELLOWSHIP.....pg 27
CHARACTER.....pg 31
SEXUALITY.....pg 35
MAKING DISCIPLES....pg 39
SUMMARY.....pg 43

OBJECTIVES

- To establish you in the FOUNDATIONS of a life in Christ
- To prompt life change through interacting with others around the Word of God

THIS STUDY IS MOST EFFECTIVE WHEN YOU...

- Prepare the study before you arrive
- Memorize the verses for the weekly topic
- Commit to attending and interacting during the discussions each week.
- Ask God to give you an open heart to His word, to the leader, and to others in your group.
- Apply the truths learned to your life.

FOUNDATIONS

Christ the center

WRITE OUT EACH MEMORY VERSE FOR THIS WEEK:

2 Corinthians 5:17

Galatians 2:20

WHO IS JESUS?

1) What do these writers say about Jesus?

John 1:1-2,14

Hebrews 1:1-3

2) How would you describe your current relationship to Jesus? Why?

THE EFFECT OF SIN

3) How would you define sin?

Read Romans 3:23

4) What do these verses say is true about the *reach* of sin?

Read Romans 6:23

5) What does Paul say is the *result* of sin?

6) How do these concepts about sin *relate* to you?

THE GOOD NEWS

7) Read the following verses and make notes in the chart below

Romans 5:6-11

STUDY SKILL: OBSERVATION

This is the key to good bible study. As you look at the passage from different angles (see Q7), write down what you notice.

⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— ⁸but God shows his love for us in that while we were still sinners, Christ died for us. ⁹Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. ¹⁰For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. ¹¹More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation. (ESV)

Who	What
When	Where
Why	How

8) What is your summary of the Good News?

9) How do each of the following verses describe "being a Christian?"

John 1:12

1 John 3:1

2 Corinthians 5:17

Galatians 2:20

YOUR LIFE

10) Evaluate the centrality of Christ in your life:

a- What does it look like for you to trust Christ?

b- What areas of your life is Christ noticeably central?
(passions, goals, dreams, priorities, etc)

c- What areas have you not allowed Christ to be central?

d- What is stopping you from allowing Christ to be central in these areas?

APPLICATION

Wait until Bible Study to do the next two pages together...



The Wheel Illustration is a Navigator classic. It depicts the active Christian life. This semester our study will take us through each of these components.

CHRIST: The center of the Christian life is Christ. Like a wheel hub, He is the source of power, balance and direction in one's life.

OBEDIENCE: The rim of our life in Christ is obedience, where "the rubber meets the road."

SPOKES: From Christ spring the spokes of walking with Him. Every believer must have these elements in their life to be a growing, maturing disciple. The vertical spokes represent the basic means of our relationship with God; the horizontal our relationship with men.

Draw out what “your wheel” looks like? For areas you see as strengths make the spokes longer, for weaknesses make them shorter. This will help you assess where you need growth and encouragement.

— FOUNDATIONS —

obedience

WRITE OUT EACH MEMORY VERSE FOR THIS WEEK:

JOHN 14:21

ROMANS 12:1

PAUL'S EXAMPLE

Read 2 Corinthians 5:14,15; 1 Corinthians 6:12-20 and Romans 12:1,2

- 1) What were some motivating factors for Paul's obedience?
- 2) Did he view obedience as a choice? How or how not?
- 3) What areas of his life were effected by his understanding of obedience?
- 4) How does this compare with your understanding of obedience?

JESUS'S EXAMPLE

Philippians 2:5-11

⁵ Have this mind among yourselves, which is yours in Christ Jesus, ⁶ who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷but made himself nothing, taking the form of a servant, being born in the likeness of men. ⁸And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. ⁹ Therefore God has highly exalted him and bestowed on him the name that is above every name, ¹⁰so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

STUDY SKILL: QUESTIONS

Sometimes the best way to dissect a passage is to bombard it with questions. Every Q engages your mind in a little different way than the last.

5) Write 20 questions that you have about these verses.

OUR TURN

6) Compare obedience motivated by trust versus motivated by fear. Which do you think God desires?

Read John 14:21

7) What does our obedience reveal? Why do you think that is?

Read 1 John 2:2-6

8) What is the motivation for obedience in these verses?

9) Why does it seem like obedience is such a big deal?

The Specifics:

Read John 13:34,35; Luke 10:25-37

10) What does Jesus say obedience will look like?

APPLICATION

Choose one of the following to serve

Classmate

Roommate

Other Believer

Family

International Student

Poor

Create a tangible **way to serve** them this week _____

— FOUNDATIONS —

word

WRITE OUT EACH MEMORY VERSE FOR THIS WEEK:

2 TIMOTHY 3:16

JOSHUA 1:8

DIVINE INSPIRATION

Internal claims:

Read 2 Timothy 3:16 and 2 Peter 1:20,21

- 1) What do these verses say is true about the Bible?
- 2) What characteristics of God does this reveal?

External proof:

Message: The Bible is a compilation of 66 books written by over 40 authors from many walks of life (kings, shepherds, social liberators, tax men) and with differing pasts (adultery, murder, rich, imprisoned), spanning 1600 years, in 3 languages, on 3 continents and yet has 0 contradictions and 1 message. Coincidence? How many contradictions would arise between the people in your class about what the teacher taught today? If it were made solely by men wouldn't there be some confusion?

Prophecies: The Bible is the only book in the world containing hundreds of detailed prophecies. 25% of the Bible's content predicted future events. Many, to the minutest detail, have come true. The only ones yet to come true are predictions about Jesus' coming back to earth. Who is the only one who can predict the future with 100% accuracy?

Archaeology: To date, archaeologists have not discovered a single thing that has proved the Bible wrong. There have been more than 25,000 archaeological finds relating to people, places and events in the Bible and not a single one has contradicted anything in the Scriptures. If the historical and archaeological evidence is true, what about the spiritual?

These are just 3 quick examples of the incredible proof backing up the legitimacy of the Bible.

DIVINE CONTENT

3) What do you think the Bible is about?

4) What do these verses say the Bible is about?

John 5:39,40 —

Luke 24:25-27, 44-47 —

2 Timothy 3:14,15 —

John 20:30,31—

5) Why should we read the Bible?

From above verses—

2 Timothy 3:16,17—

Deuteronomy 17:19,20—

DIVINE ENCOUNTER

Isaiah 55:1-3

¹ "Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price.

² Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food.

³Incline your ear, and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast,

6) What actions are we urged to take?

7) What do these look like practically in your life?

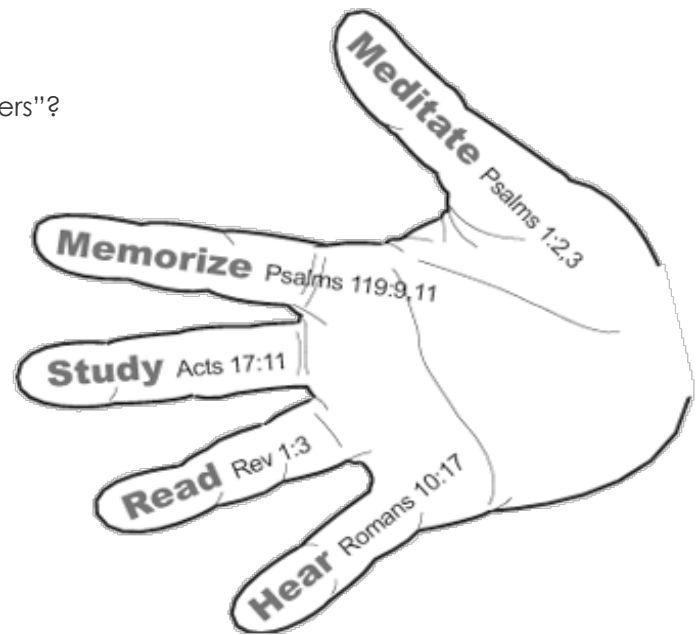
8) Do the actions seem worth it? Why, why not?

STUDY SKILL: VERBS

When studying the Bible it is often beneficial to look for the action. What is God doing? What does he want me to do? Underline all the verbs in this passage.

HOW TO GRASP THE WORD

9) What is important about each of these “fingers”?



A WORTHY INVESTMENT

There is nothing more valuable during this life than getting to know your Bible and the God who wrote it. The word is a guide for your steps...but more. Encouragement in hard times...but more. Strength for your spiritual muscles... but more. **It is a chance to relate to and hear from the God of the Universe!** He wants to communicate with us, are we listening?

I urge you to decide today to invest time each day in meeting with God through reading the Bible It won't just happen, you must work to consistently COME and LISTEN and ENJOY the Lord.

Want help? Try starting with this simple method: **E.A.T.** (*like Isaiah 55*): Expectant—Attentive—Trust

1. **EXPECTANT:** Pause to consider that God is present with you and wants to speak through his word. Say a prayer asking God to give you insight.
2. **ATTENTIVE:** Read a passage of the Bible. (try 1-3 chapters at a time)

-As you read consider the following:

WHAT IS THIS REVEALING ABOUT GOD?

What does this passage tell you about God? What is he like? What does he care about?

BEST VERSE

What verse or idea caught your attention? Why?

HOW IS GOD INVITING ME TO RESPOND?

Is there an action to take? Prayer to make? Someone to tell? A way of life to practice?

3. **TRUST:** Choose a tangible way to act on what God is revealing to you.

- You may find it helpful to write down what God is saying and how you're responding. This will help you express the relationship you're building with God.

4. **PRAY** that God would help you apply the truths learned.

-Unapplied knowledge is useless. Consider how the word can impact your day-to-day.

APPLICATION

Each day this week read a chapter of Ephesians and keep track below (or a journal if you have one) of what God is teaching you.

Day One: _____ (date) _____ (scripture read)

Day Two: _____ (date) _____ (scripture read)

Day Three: _____ (date) _____ (scripture read)

Day Four: _____ (date) _____ (scripture read)

Day Five: _____ (date) _____ (scripture read)

Day Six: _____ (date) _____ (scripture read)

Day Seven: _____ (date) _____ (scripture read)

— FOUNDATIONS —

prayer

WRITE OUT EACH MEMORY VERSE FOR THIS WEEK:
JOHN 15:7

PHILIPPIANS 4:6,7

WHY PRAY?

God is Trustworthy: Read Psalm 62:5-8

- 1) What characteristics do you see that encourage you to confide in God?
- 2) What types of things does God want to hear?

God is Giving: Read Matthew 7:7-11

⁷ "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ⁸For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. ⁹Or which one of you, if his son asks him for bread, will give him a stone? ¹⁰Or if he asks for a fish, will give him a serpent? ¹¹If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

STUDY SKILL: REPETITION
Noticing repeated words and phrases is a key way to understand the author's main point.
Highlight repeated words in this passage with similar colors.

- 3) What importance is there in the repeated words from this passage?
- 4) Do you think this makes God like a "vending machine"? Why? Why not?
- 5) What other characteristics of God do you see in this passage?

We are Dependent: Read Acts 17:24,25

- 6) What characteristics of God do you see?
- 7) What types of things are men dependent on God for?
- 8) How do you think our understanding of dependence effects our prayer?

PRINCIPLES OF PRAYER

Seek the Will of God: Read John 14:13,14

- 9) What principles does Jesus give for prayer?
- 10) What do you think it means to ask "in Jesus' name"? How do you know if you are?

Come with Pure Motives: Read James 4:2,3

- 11) What motivation is described here?
- 12) How do you think this fits with our finding earlier that we should ask, ask, ask?

Thankfulness: Read Colossians 4:2

- 13) Why do you think we should be thankful in prayer?

AN EXAMPLE PRAYER

Since prayer is talking with the God who knows and loves you, the last thing we want to do is make it formulaic. God wants us to pour our hearts out to him, the good, bad, ugly and really ugly. Remember He knows everything about you already so there is no need to hide.

However, it is helpful to have an idea of what prayer can look like. Below are some of the components of prayer. Sometimes you may pray each part for a few minutes, other times you may spend an extended period on just one of these. Don't get bogged down on the form, but allow the form to help you pray.

P PRAISE: Tell God how awesome He is. Tell Him what you're learning about Him. Thank. Sing. God is worthy of our praise.

R REPENT: Talk to God about where you have sinned. Be specific. Remember He already knows, admit it to Him and ask for faith to leave that sin behind, and thank Him for forgiving you in Jesus.

A ASK: One of the greatest functions of prayer is to ask God to work in the world! What do you want to see Him do in the lives of your friends and family? In your life? Make a list of things you hope to see Him do and then thank Him if He does!

Y YIELD: Aren't you glad that God knows what's best for you? Spend some time in prayer telling God that you trust He will give the best answer at the best time. Check your heart to see if you are trusting Him with these prayers.

APPLICATION

Pray through this acronym everyday for 5 minutes.

(work at keeping up with your Quiet Time too! Finished Ephesians? Try a chapter of John everyday for the next few weeks.)

— FOUNDATIONS —

witnessing

WRITE OUT EACH MEMORY VERSE FOR THIS WEEK:

MATTHEW 4:19

ROMANS 1:16

DEFINE WITNESSING

- 1) What is a witness?
- 2) Why are they important? What do they do?

John 1:6-8

⁶There was a man sent from God, whose name was John. ⁷He came as a witness, to bear witness about the light, that all might believe through him. ⁸ He was not the light, but came to bear witness about the light

STUDY SKILL: OBSERVATION

It's still the most important skill! Observation feeds all the other skills. If you don't 'see' correctly, you can't understand correctly. So, let's keep working at it. List 10 observations about the verses to the left.

TYPES OF WITNESSING

Lifestyle:

Read 1 Thessalonians 2:8

3) What did they share? How? What was their motivation?

4) What implications does this have for you among your friends?

Read Matthew 5:14-16

5) Why would Jesus compare Christians to a light?

6) What does it mean to be on a hill? Where is a 'hill' for you on campus?

Verbal:

Read Romans 10:13-17

7) Do we need a verbal witness? Why, why not?

8) What insights do the following verses give you about being an effective verbal witness?

Colossians 4:2-6

2 Timothy 1:7,8

Romans 1:16

1 Peter 3:15

HOW TO WITNESS

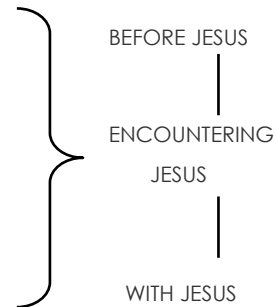
Personal Testimony:

Sometimes we think we must have all the answers if we want to tell people about Jesus. That's not true! In John 9, Jesus heals a blind man, which puts the city into an uproar. The religious leaders start questioning the formerly blind man about Jesus. His response is basically... "I don't know this, I don't know that, but one thing I do know, I once was blind, but now I see!" All he knew was his experience with Jesus. A witness speaks about what he has experienced.

A GREAT way to witness to others about Jesus is to tell them about what has happened in your life.

A personal testimony includes:

- What life was like for you before Jesus.
- How you saw your need for Jesus.
- How you committed your life to Jesus as Lord and Savior.
- What life is like after knowing Jesus.



9) Fill in the blanks with your story.

My life before Jesus:

How I saw my need for Jesus:

How I received Jesus:

My life now with Jesus: (don't breeze past this. people need to know how you're experiencing his presence, love and lordship)

APPLICATION

Share your testimony with one person!

I will share my testimony with _____

— FOUNDATIONS —

fellowship

WRITE OUT EACH MEMORY VERSE FOR THIS WEEK:

MATTHEW 18:20

HEBREWS 10:24,25

WHAT IS FELLOWSHIP?

1) How do you define fellowship?

STUDY SKILL: ORIGINAL LANGUAGE.

Seeing a word in the original language often helps us grasp the fullness of the author's intended meaning. It's not that the English is wrong, but rather may not pack the same punch.

Check out the Greek word translated 'fellowship.'

KOINONIA: (noun) (from "koinos," common)

1) fellowship, association, community, communion, joint participation, intercourse, companion, sharing in common,

1a) the share which one has in anything, participation

1b) intercourse, fellowship, intimacy

1c) a gift jointly contributed, a collection, as exhibiting an embodiment and proof of fellowship

2) What insights do you see from looking at the broader Greek term?

THE NEED FOR FELLOWSHIP

Read Ecclesiastes 4:9-12 and Proverbs 27:17

3) What examples are given in these verses showing our need for people?

4) How might these examples look in your life?

5) Do you think fellowship can only take place between believers?

LIVING FELLOWSHIP

Read Hebrews 10:24,25

6) What is the purpose of meeting together?

7) What obstacles keep you from meeting together with other believers?

Read Ephesians 4:1-3

8) What things (attitudes and actions) should characterize fellowship?

Read John 13:34,35

9) What is Jesus' new command to his followers?

10) Why do you think this is such a noticeable sign to others?

Read Galatians 6:9,10

11) Who are we to be doing good to?

12) What are some practical ways you can do this?

Read 2 Timothy 2:22

13) What is the aim of fellowship?

14) What are some advantages you can think of to pursuing it together?

APPLICATION

Choose an area in your life that you need help with/encouragement in.

I need help with _____

Ask someone to help you this week.

I'll ask _____

— FOUNDATIONS —

kingdom character

WRITE OUT EACH MEMORY VERSE FOR THIS WEEK:

MICAH 6:8

YOUR CHOICE

— THE KING & HIS KINGDOM

Read Jeremiah 9:23,24 and answer the questions below.

- 1) What are some things God reveals about Himself in v24?
- 2) Contrast what God delights in (v24) and what man often boasts in (v23)?

Read the following verses and observe how they describe life in God's Kingdom

Micah 6:8

Psalms 82:3-4

Matthew 6:33

Hebrews 11:6

Isaiah 57:15

- 3) How would you summarize what life in God's kingdom looks like?

OLD & NEW

Read Colossians 3:1-17 and answer the questions below.

- 4) What do you think it means to 'set your mind on things above'? (v1-4)

- 5) What is something listed in the old (v5-11) that is particularly hard for you to put away? Why?

- 6) V12 speaks to our identity as motivation for obedience. In Christ, who are you?

FRUIT OF THE SPIRIT

In Galatians 3:22-23, Paul says that the Spirit will produce new "fruits" in your life. Use the study skill to complete the section on LOVE (on the following page) and then choose at least one other characteristic to look into.

STUDY SKILL: CROSS REFERENCE

Finding passages that deal with similar concepts is a helpful way to see the 'big picture' on a certain topic.

In many Bibles, superscript letters are placed near words or phrases that translators have linked to similar passages throughout the Bible. The letters refer to a center column that lists the corresponding verses.

²²But the fruit of the Spirit is ^alove, ^bjoy, ^cpeace, ^dpatience, ^ekindness, ^fgoodness, ^gfaithfulness, ²³ ^hgentleness, ⁱself-control; against such things there is no law.

- a-** John 15:12,13, 1 Corinthians 13:1-7, 1 John 4:7-21, Romans 13:8-10
- b-** Psalm 16:11, Proverbs 21:15, Isaiah 35:10, John 15:10-11, 1 Thess. 5:16-18;
- c-** Isaiah 26:3, Isaiah 32:17, Eph. 4:2,3, Eph. 6:15, Philip. 4:6,7; John 14:25-27
- d-** Ecc. 7:8, Eph. 4:2,3, 1 Tim. 1:16, 2 Tim. 4:2, Hebrews 6:12;
- e-** Luke 6:35, Romans 2:4, Eph. 4:32, Titus 3:4,5;
- f-** Matt. 12:35, Romans 12:9, Romans 12:21, Heb. 13:20,21, 1 Pet. 3:10-12;
- g-** Lamentations 3:22,23, Luke 16:10, Philippians 3:9, Heb. 11:6, James 2:18;
- h-** Proverbs 15:1, Matt. 11:29,30, Eph. 4:2,3, Philip. 4:5, 2 Tim. 2:24-26;
- i-** Proverbs 16:32, Proverbs 25:28, 1 Cor. 9:25-27, 2 Tim. 1:7, 1 Peter 4:7,

A- LOVE:

- 7) Are there actions associated with love? Attitudes?

- 8) How does God exhibit love?

- 9) How does our relationship with God effect our love?

- 10) What is the opposite of love?

- 11) Is love exhibited in your life? How? How can you work on it?

_____ : (your choice) (MEMORIZE one of the verses you like!)

- 12) Are there actions associated with this characteristic? Attitudes?

- 13) How does God exhibit _____?

- 14) How does our relationship with God effect our _____?

- 15) What is the opposite of this characteristic?

- 16) Is this exhibited in your life? How? How can you work on it?

APPLICATION

Which verse most impacted you this week?

Choose a way to **live out** that aspect of kingdom character this week.

— FOUNDATIONS —

sexual wholeness

WRITE OUT EACH MEMORY VERSE FOR THIS WEEK:
PSALM 119:9,11

EPHESIANS 5:3

OPENING THOUGHTS

1) What comes to mind when you think about sexuality? What emotions?

2) Do you think you're whole? Why? Why not?

Read Genesis 1:26-27 and 2:18-25

3) What observations do you have about God's design of sexuality as described in Genesis?

LIVING IT OUT

Read Ephesians 5:3 and Matthew 5:27-30

4) What is God's standard for sexual purity?

5) Does this seem realistic to you? Why or why not? Desirable?

Read 1 Corinthians 6:16-20

6) Why is this area of our lives so important?

THE STRUGGLE

7) Why do you think we struggle with living out our sexuality so much? You personally?

Read Jeremiah 2:13

8) How does God describe sin? How does this verse relate to sexuality?

THE TEMPTATION

Read James 1:13,14

9) Where do temptations come from?

10) Do you ever feel like God is the one to blame for temptation? Why?

Read 1 Corinthians 10:13 and Hebrew 2:18

11) What roles does God play in our temptation?

THE ACTIONS

12) Summarize what each of the following verses say about withstanding temptations.

Titus 2:11-14

Job 31:1

Psalms 119:9-11

Romans 12:2

Romans 13:14

James 5:16

STUDY SKILL: SUMMARIZE

Expressing the author's meaning in your own words can help you boil a verse, or concept, down to its essentials.

13) Consider your answers above, then summarize the teaching from these six verses.

MOVING FORWARD

14) What questions remain for you about sexual wholeness?

15) How would you recap what you've studied this week?

APPLICATION

An area of temptation for you is _____

How can you replace that area with a **focus** on Jesus?

— FOUNDATIONS —

making disciples

WRITE OUT EACH MEMORY VERSE FOR THIS WEEK:

1 THESSALONIANS 2:8

2 TIMOTHY 2:2

— THE CALL

Read Matthew 4:18-22

- 1) What does Jesus want to teach these men?
- 2) Is there a prerequisite to them being taught?
- 3) What is their response? Why?

— THE CHARACTERISTICS

Generations

Read 2 Timothy 2:2

- 4) What did Paul instruct Timothy to do? Why?
- 5) What kind of men was Timothy to focus on? Why?
- 6) Fill in the following blanks:

Paul invested in _____ who invested in _____ who would in turn invest in _____.

There are _____ (#) spiritual generations listed in this verse!

Life on Life

7) How do the following verses describe the work of making disciples-who-will-make-disciples?

1 Thessalonians 2:7-8

1 Thessalonians 2:9-12

All Nations

Read Matthew 28:18-20

8) In some of his final words on earth, what does Jesus commission his disciples to do?

9) For how long?

CARRYING IT OUT

Jesus' Example

10) What observations do you have about Jesus example in the following verses?

Do it Yourself: Read Mark 1:35-37

STUDY SKILL: CHARACTER STUDY

Following a character in the Bible allows you to glean principals from their life.

Let's see what we can learn about disciplemaking as we follow Jesus on the topic of prayer.

Show Them How: Read Luke 11:1

Tell Them How: Read Luke 11:2-4

Do It With Them: Read John 17:1-5

Have Them Pass It On: Read John 17:18-21

APPLICATION

PRACTICE: Come up with a plan to help someone with a Quiet Time. Who could you help?

How could you....

Do it yourself:

Show them how:

Tell them how:

Do it with them:

Have them pass it on:

— FOUNDATIONS —

summary

Flip through the study to refresh yourself on the content.

1) What do you want to remember from:

CHRIST THE CENTER:

OBEDIENCE:

WORD:

PRAYER:

WITNESSING:

FELLOWSHIP:

CHARACTER:

SEXUAL WHOLENESS

MAKING DISCIPLES:

2) Redraw your personal wheel. Has it changed? How? Why?

3) Many times God has a main message or two He wants to communicate to us. After reviewing the studies do you see an overarching message God is talking to you about?

4) How do you think God wants you to trust Him in light of what He is talking to you about?

