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.

WEEK 1	January 31	Jesus: Who is He? Cross: Why Did Jesus Die?
WEEK 2	February 7	Faith: How Can I Have Faith? Prayer: Why and How Do I Pray?
WEEK 3	February 14	Bible: Why and How Do I Read The Bible + SOAP Teachings Spirit: Who Is the Holy Spirit and What Does He Do?
WEEK 4	February 21	Quality 1 & 2
WEEK 5	February 28	Quality 3 & 4
WEEK 6	March 7	Quality 5 & 6
WEEK 7	March 14	Quality 7 & 8
WEEK 8	March 21	Quality 9 & 10

ATTENDANCE	HOW TO MAKEUP A LESSON
Your active participation is key to your growth! Completion of the Foundations Course requires attendance at a minimum of **6 out of the 8 sessions.** 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. **Be sure to check-in to each sessions to be marked as present.**	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.

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

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