

Teacher Notes

Foundations One



Outline of Lessons

Foundations 1

LESSON 0

Why Choose God?



Lesson 0 is a lesson for the Pre-Believer who is interested, but not committed yet. You do not need to take everyone through this lesson.

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Who is God?

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Why Choose God?

Foundations 1 | Lesson 0

INTRODUCTION



This lesson is not for every pre-believer, but rather for someone who is interested but not quite willing to admit the Christian God is the True God. For example, do not take an "angry Atheist" through this.

1. "Man is homo religious, by 'nature' religious: as much as he needs food to eat or air to breathe, he needs a faith for living" - Philosopher Will Hardberg
Start with this quote, but don't expand. Let the student think on it. We will expand below.
2. Everyone has their own set of morals. Where do your morals come from?
Let the student think and answer this question on their own. Don't answer for them.
3. Finding the true God is important not only to our belief but also to our character and the way we act.
If there is a god, is it not important to find out who He is and what His definitions of morals are?

PROOFS OF THE EXISTENCE OF GOD

Man's Religious Nature

1. Everyone believes in something, even choosing not to believe is a belief in itself.
We all choose to believe in something. Maybe we believe in a religion, family history, mainstream science, or a variety of other things but we all believe in something that shapes who we are and we have to choose what we believe.
2. Everyone wants to know and believe in the truth.
If we believe in evolution it's because we trust scientists and our own logic to come to the conclusion that evolution is true. The same goes for any religion. We all do our best to process a variety of teachings to determine what we believe is true. Nobody wants to be wrong.
3. If there is a God, should we not seek out which God is truly real?
If there is no God then I don't want to waste my life following Him. But if there is a god I don't want to waste my life following the wrong god.

Man's Moral Nature

1. What is an absolute?
An absolute is an unchanging truth that works as a point of reference for things that change throughout life.



Tell the example of being in a car at a stop light: Imagine you are driving a car, and you are stopped at a red light. Another car pulls up next to you and you are both waiting for the light to turn green. Suddenly you notice the car next to you seems to be moving, even though the light is still red. Your brain begins to panic "Is the car next to me moving, or am I moving?" Instantly you slam your foot into the brake. The car next to you still seems to be moving... not fully trusting the brake, and still not knowing if you are moving, you look to the other side and notice some trees and a building. If the trees and building seems to be moving, that means that YOU are moving, if they are not moving that means the car next to you is moving? Why? Because trees & buildings never move, they work as a point of reference for you to know what is stationary and what isn't. It is an absolute truth that trees do not move.

2. What standards do we base our morals on?
Do we have an absolute truth, or point of reference that we base our morals on? Or do we allow our morals to change depending on situations?

i *Tell the story of the man and woman on the airplane: A man was flying on a nice airplane traveling internationally when he notices that the woman next to him is gorgeous, and he instantly begins to desire her. He decides that he must have her for at least one night, so he leans over and asks her "Ma'am, I will pay you 1 million dollars to stay the night with me tonight... I choose the place, you do whatever I want, and you get the million dollars, cash!" The woman looks shocked, but after thinking it over decides she will do it, after all a million dollars is a lot of money! She tells the man "You can have your way with me for tonight only, for one million dollars". Delighted, the man responds "Actually, I don't have a million dollars, will you take 10 dollars?" Disgusted, the woman replies "What do you think I am, some kind of prostitute?" The man cleverly responds back, "We have already determined what you are, ma'am, now we are just negotiating the price!"*

What about you? Do your morals change depending on the price? Would you sell your children into human slavery if the price was right? What about your spouse? Of course not! Our morals, at least some of them, are based on absolutes!

3. What are the moral standards of the Christian God?

So if there is a god and that god is the Christian God then should we not know what HIS moral standards are? As a base, God gave us the 10 commandments (*Exodus 20; Deut 5:4-21*). These commandments include do not steal, do not lie, do not murder, don't commit adultery, etc. He also commanded that we should love our neighbors as ourselves (*Matthew 19:19, 22:39*). In other words, do unto others as you would have them do to you, known as the "Golden Rule". Moral absolutes are something that science has not been able to prove, suggest or theorize. So why then do so many of us share the same moral absolutes that the Christian God suggested nearly 4,000 years ago?

God Is Observable

1. If there is a painting there must be a painter.

Explanation: Have you ever seen the Mona Lisa or at least a picture of it? Who painted it? Leonardo da Vinci! But have you ever seen Leonardo da Vinci? Talked to him? Did you watch him paint anything? Then how do we know that Leonardo da Vinci existed? Because he painted the Mona Lisa! Because there is a painting, we know there is a painter. The same is true for creation, because there is a creation, we know there is a Creator (*Romans 1:20*).

The Purpose of Life

We all want to know the purpose of life, why are we here? What's the point of living?

1. To fellowship with the Creator.

God created us with a purpose, to fellowship with Him, to be loved by Him, to love Him, and to love others.

CONCLUSION

We all have morals, we all have beliefs, we search for truth and seek answers to the meaning of life. The God of the Bible offers all of these things, do you not owe it to yourself to seek out if He is the true and living God?

i *Follow up: What do you think about all that we've talked about? (Wait for response, if any) Would you like to continue learning about the True God? We can meet up and go through more lessons like this if you're interested... (Schedule with them, don't just leave it open if they are really interested).*

Who Is God?

Foundations 1 | Lesson 1

INTRODUCTION

Humanity is always in search for something to fulfill the deepest needs within them. Men search for significance, and women search for security (Dr Larry Crabb). Thus, men and women everywhere pursue after material wealth, social status, relationships and various other things that would fulfill their needs for significance and security. These needs can only be found in God. Who is God?

Who is the real God?

1. God is a Spirit *John 4:24*

- a. The spirit is the part of someone that gives them passion and individuality. It includes their soul (what makes them alive), their mind, their will, and their emotions.

So God is alive, and has emotions, thoughts, a mind of His own, a will, morals, and a conscience. To further clarify, Biblically the terms "soul" and "spirit" are oftentimes synonymous. However the term "spirit" can mean "life", "eternal life", and/or "mind, will, and emotion" whereas the word "soul" almost always means the part of us that gives us life or eternal life. In short, "spirit" is more encompassing where "soul" is more specifically the part of you that makes you alive.

2. We are created in His image *Genesis 1:27*

That means we can learn some things about God by looking at ourselves. While we are not God or a god, we are created like Him. We have similar emotions, morals, willpower, creativity, and thinking power... but we have also been corrupted by sin, so unlike God, none of our spirits' attributes are perfect.

3. His name is "I AM that I AM" *Exodus 3:14; John 8:58*

When asked by Moses "Who shall I say You are", God responded "I Am that I Am". God is summed up in His existence. He does not need to explain Himself, for it is through Him that all things were created. God is, He alone, that is all He wanted Moses and those listening to Moses to understand at the time.

4. He alone is God, the true and living God *Deuteronomy 4:35, 39*

While many people invent their own gods, or create false Idols, God Himself made it very clear "that the Lord Himself is God in heaven above and on the earth beneath; there is no other." There is one God, and only one, Yahweh (meaning "I Am"), the God of Abraham, Isaac, and Moses, the God of both the Old Testament and the New Testament. The God who reigns yesterday, today, and forever.

The attributes of God

1. God is everlasting *Genesis 1:1; Isaiah 40:28; Psalm 90:2*

He was here before time itself and will be here forever more. He is Infinite.

2. God is omnipotent (unlimited power) *Matthew 19:26; Luke 1:37; Jeremiah 32:27*

God can do everything that can be done, but not anything, because some things can not be done. For example, God can not create a rock so big that even He can't lift it, that is what's known as a paradox, something that can not be done. God is Holy, so He can not be in the presence of sin. But, if something can be done, God can do it. He created the universe with just words, breathed life into man, raises the dead, and heals the sick!

3. God is infinite and omnipresent (present everywhere) *Psalm 33:13-14, 139:7-10; Jeremiah 23:23-24*
That means He is here right now, and He is there when we are alone, he is everywhere, always.
4. God is immutable (unchanging) *Malachi 3:6; Psalm: 102:26-27; James 1:17*
This means that God has always been the same, and always will be the same. God was the Same over four thousand years ago when He started to give us His Word, as He is today. *Hebrews 13:8*
5. God is omniscient (all-knowing) *Psalm 147:5; Acts 15:18; Job 28:24; Isaiah 55:9; Hebrews 4:13; Matthew 10:30; Isaiah 40:25-28*
God literally knows everything. He knows the past and the future, and all of our thoughts. He knows what we will decide before we ever decide it.
6. God is holy *1 Peter 1:15-16; Psalm 99:9*
To be holy is to be without sin or moral fault or flaw. God is perfect, He has never sinned. *Matthew 5:48*
7. God is just - fair and righteous *Deuteronomy 32:4; Revelation 15:3*
This means God does not let rule breakers go unpunished, it also means that He is fair.
8. God is love *1 John 4:8,16; 1 Corinthians 13*
Literally, God is Love! He not only exudes love, but He IS its definition. Without God we do not know what true love is and we are forced to try to define it ourselves.
9. God is alive *Deuteronomy 5:26; Psalm 115:4-7; Jeremiah 10:10; Matthew 17:5; 1 Thessalonians 1:9b; Acts 14:15*
God is not a ghost, someone who lived and died and is floating around. He is not dead, but alive and active!

What did God do in the beginning?

Genesis 1:1; Hebrews 11:3; Acts 17:24-28; Psalm 33:6-9

1. God created the universe and everything in it, including you and me.

Does God see me?

Proverbs 15:3; Psalm 139:1-16, 23-24; Job 23:10

1. Yes, God sees you and everything you do, He knows you and all of your intentions. He understands you, all you have been through, all you are going through, all you will go through, and He loves you!

Our attitude towards God

1. We must worship Him. How? *John 4:24*
 - a. In "Spirit"
 - i. We must worship God with our heart, soul, mind & strength. *Mark 12:30; 1 Chronicles 28:9*
We must worship Him with all that we are. Even our thoughts and emotions should worship Him.
 - b. In "Truth"
 - i. To worship God in Truth simply means to worship Him according to His Word as written in the holy Bible, for His Word is Truth. *John 17:17; Ephesians 5:18-21*
God wants us to study His Word, to understand Him and show us that He cares. Just as you want your friends, family, and loved ones to understand you, because when they truly try to understand you that means they care about you and love you.

2. We must give Him glory. How? *1 Corinthians 10:31*

- a. In our life, through all we do *Colossians 3:23; Ecclesiastes 9:10a*

Everything we do should be to the glory of the Lord, in other words: everything we do should point back to God, thanking Him and showing the world how good He is.

- b. In the things say *Psalm 19:4, 63:3, 109:30, 119:171*

What we say has a big impact on what others think. God wants that impact to be for His glory, lifting Him up for all men to see.

CONCLUSION

Now we know God is a GREAT God. Let us decide together to be serious about knowing more of Him and learning His ways! The way we will learn more about God is to continue to study His Word (which is the Bible).

Man's Creation

Foundations 1 | Lesson 2

INTRODUCTION

We have learned who God is, and all the things He can do. We also learned that in the beginning God created the earth and all that is in it. Let us find out more about His creation of man.

Who created man?

Genesis 1:26-27

1. God created man.

If the student does not know this, have them read *Genesis 1:26-27*

- a. How? *Gen 2:7, 18, 21-23; Revelation 4:11*
 - i. Formed him from the dust, breathed life into him
God personally and lovingly made us. He formed us from the dust, and even used His own breath to give us life.
 - ii. Formed woman from the man
The Bible teaches that men and women are more alike than different, we are made from the same flesh and bones.
- b. Why?
 - i. To take care of God's creation and rule over it *Genesis 1:26-28, 2:15*
God created us to take care of the earth and its animals.
 - ii. For His glory. *Isaiah 43:7*
God wants to be glorified! Part of the reason He created us was to glorify (lift up) Him. God created us for other reasons as well, but those will be covered in their own lessons.
 - iii. To have a relationship with Him. *1 Corinthians 1:9; Leviticus 26:12*

Who is man made like?



Most of these are self-explanatory, if you want to go in depth, look up the related verses.

1. Man is different from animals *Genesis 1:24-26*
2. Man was made in the image of God *Genesis 1:26-27*
 - a. Man was made good *Genesis 1:27, 31; 1 Timothy 4:4*
 - b. Man was first made righteous and holy, as God is righteous and holy *Ephesians 4:22-24*
Remember, the word holy means without sin or moral flaw.
 - c. Man has a spirit *John 4:24; Job 32:8*
Remember, your spirit is your emotions, your soul (what makes you alive), mind, and will.
 - d. Man was made without the knowledge of good and evil *Genesis 2:16-17, 3:5*
Man did not need a knowledge of good or evil, God was the moral authority, all they had to do to be good (and not evil) was listen and obey Him.
 - e. Man was made with free will (the power & freedom of choice)
God wants us to choose to love Him, not to be mindless robots just doing His will.
 - i. Man is given freedom of choice. With this freedom, man is given the responsibility to choose wisely. *Genesis 2:16-17; Proverbs 3:5-6; James 1:5*

Man is like God in that we both have a spirit

1. Man, like God, has a spirit (mind, will and emotions) *Job 32:8*

a. We have a mind *Isaiah 55:9; 1 Corinthians 2:16; Romans 11:34*

We, like God, were created with thoughts. We have the ability to think for ourselves, to problem solve, and to be creative. Animals, on the other hand, are pre-programmed with their thoughts (i.e. instincts) and do not have the same creative and problem solving capabilities that we have.

b. We have a free will *Psalm 40:8; Romans 8:27; John 6:38; James 1:5*

We have a will, a power to choose to do what we want. Sometimes this means choosing to sacrifice ourselves for our loved ones, even if it is not best for us. Other times we may choose to do things, like hard drugs, that we know are bad for us... just for temporary enjoyment. God has a will too, but unlike us, His will is perfect and not affected by the temptations of sin.

c. We have emotions *1 John 4:19; Psalm 78:40; Deuteronomy 1:37; 1 King 3:10*

Like God we have emotions. We can love and we can hate, we can be happy or sad, we can even get angry. God also has these emotions, but again, His emotions are perfect, ours on the other hand can be fragile, or easily influenced by circumstances.

d. We have a soul (we are alive) *Genesis 2:7*

God is not a concept, a theory, or some sort of physiological force. God is a living being, God is alive. The Bible tells us that God has a soul (*Leviticus 26:11-2, Matthew 12:18, Jeremiah 6:8*). God specifically breathed life into us, and in doing so breathed a soul into us. Our soul, our breath, is what makes us different than plants and animals.

CONCLUSION

God created man in His image, we can learn a lot about God by looking at ourselves, but we must remember that God is perfect, and we are not... so our God-like attributes will always be flawed and incomplete.

Man's Fall

Foundations 1 | Lesson 3

INTRODUCTION

Man was created to live with God in the Garden of Eden. Today we will learn how that plan was distorted. We will learn from this lesson how the Devil will still try and use the same tricks to cause us not to do what God wants, and cause our fellowship and relationship with God to be broken. **Read Genesis 2:15-17.**

What questions/thoughts did Satan put in the heart of man that encouraged him to sin?

Genesis 3:1-6

1. Questioning God's Word *Genesis 3:1*
Satan blatantly questioned what God said. Reference Genesis 2:16-17 for more clarity.
2. Implying that God was lying *Genesis 3:4*
3. Implying God is withholding good things *Genesis 3:5*
Psalm 84:11 says "No good thing does God withhold from those whose walk is blameless". God is our Father who wants what is best for us. He is not going to withhold anything from us 'Just because', but like any good father He may withhold things from us for our own good. Satan, on the other hand, wants us to think God is being mean and unloving, and that He does not want us to have good things. That is contrary to God's Word. If more clarification is needed, refer to Matthew 7:11.
4. Caused man to reason against God's Word *Genesis 3:6*
Reasoning against God's Word is trouble. Like a paralyzed man who once thought "I can drive home, I'm not that drunk..." and after hitting a tree, he is living his life with the consequences of that one decision. He reasoned against the law and his life was forever altered. God knows what is best for us, and blatantly tells us in His Word. We can listen to Him or try to be our own boss... What consequences will we have to live with for going against God's Word?

What were the consequences of their sin?

1. Man's close relationship with God was broken. *Genesis 3:8-10*
2. Man was separated from God and began to experience fear, shame and guilt. *Genesis 3:7-10*
These negative emotions can be paired with sin. Before we sinned, we had no reason to fear, because we walked together with our God. We had no guilt, for we had done nothing wrong. And we had no shame because we did not even know the difference between good and evil (more on this below).
3. There was a physical consequence - the world was cursed through Adam and Eve. *Genesis 3:14-24*
 - a. Their sin brought in pain, suffering, death, and the necessity to work.
Yes, it is because of Adam and Eve's original sin that we hurt, get sick, and even die. It is why we have to work in order to live, and even why women have pain in childbearing! Just about every bad thing in the world can be traced back to that original sin.

The knowledge of good and evil

1. Eating the fruit gave Adam and Eve the knowledge of good and evil.
 - a. This brought on shame. *Gen 3:7, 10*

Because they now knew the difference between good and evil, they also knew that what they had done was wrong. This brought them to shame.

- b. God stopped being the moral standard, and man now had the ability to do what was right in his own mind. *Proverbs 21:2*

We reason with ourselves over what is right and what is wrong, instead of simply asking God. He is to be our standard. We are not to create our own standards apart from His.

- i. Doing what we think is good, or doing things our way, leads to death. Instead we need to choose to do things God's way. *Proverbs 14:12*

Pretty self-explanatory, our ways are wrong and will eventually lead to death. No matter what we do, we all have to die because of Adam and Eve's original sin, and our own.

What did God do for the man and woman when they realized their nakedness?

Genesis 3:21

1. How were they clothed before? *Genesis 2:25*

They were naked.

2. Man was shamed by his sin and nakedness and tried to cover his own nakedness. *Genesis 3:7*
3. Man's covering did not suffice, God had to make coverings for them. *Genesis 3:21*
4. God killed an animal and clothed them with its skin. The skin of the animal covered them.

What is the law of God for the forgiveness of sin?

Hebrews 9:22

1. Like God covered man's nakedness by killing an animal, He required that an animal be slain for the forgiveness of sin.
 - a. It is only through the shedding of blood that sin can be forgiven.

In the Old Testament, animals had to be sacrificed for sins to be forgiven, until Jesus came, who served as the ultimate sacrifice. He died to forgive all of our sins. More on this in the next lesson.

CONCLUSION

Romans 5:12 says "Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned—". The Bible says that all of us have sinned, there is no exception (*Romans 3:23*)! Only God can remove our sin, but He has provided a way for us to be forgiven and cleansed. We will learn more about that in the next lesson!

What Is Sin?

Foundations 1 | Lesson 4

INTRODUCTION

We studied in the last lesson how sin came into the world. Now let us take time to study what sin actually is. Why is sin such a problem in everyone's life?

What is sin?



Ask the student this. Let them answer.

1. Sin is going against the law of God *1 John 3:4*
God's law is everything He commands in His Word, the Bible. When we go against these commands, we are sinning.
 - a. The Bible calls sin "lawlessness", "transgression" and "iniquity" *Isaiah 53:5*
2. Sin is knowing what is right and not doing it *James 4:17*
If we know that we should do something, and choose not to, then God says we are sinning.
3. Sin is going our own way *Isaiah 53:6*
When we choose to not follow God, but to follow our own paths, this too is sin!

The nature of sin

1. Sin appears in two forms:
 - a. Sin in action (lying, adultery, etc.) *Exodus 20:1-17*
Exodus 20 lays out the Ten Commandments which are simple, black and white commands. If you break these commands, you are sinning. 1: Love God more than you love anything else 2: Don't make anything in your life more important than God. 3: Always say God's name with love and respect. 4: Honor the Lord by resting on the seventh day of the week. 5: Love and respect your parents. 6: Never murder anyone. 7: Always be faithful to your husband or wife. 8: Don't take anything that isn't yours. 9: Always tell the truth. 10: Be happy with what you have. Don't wish for other people's things.
 - b. Sin in the heart *Matthew 5:28; 1 Samuel 16:7*
God judges not just our actions, but also the motives and thoughts of our heart and mind. While it is not a sin to be tempted to lust after a woman, for example, it is a sin to actually lust after her. Jesus calls this adultery of the heart.

Sin is present everywhere and is found in everyone

1 John 1:8-10; Romans 3:23

1. Every child is born with a nature to sin *Psalms 51:5*
Because of Adam and Eve's sin, we are born into a cursed world. We don't need to be taught to sin, we do so naturally. Even as a toddler we learn to 'lie' by crying when nothing is wrong to get attention.
2. Sin is found in everyone *Romans 3:23; Psalm 51:1-3; Isaiah 64:6*
We all sin, it's just a simple truth. As the teacher, you should **give your students some examples of sin in your own life...** nothing big, but say something like "We all sin, sometimes I tell white lies" or "I

remember stealing money from my mom's purse as a kid". Confessing past sins to your disciple will teach them and encourage them to confess their own sins to God, and to others if need be. Don't demand they confess to their sins to you, however, that is not the point of this lesson.

Who is hurt when we sin?

1. Above all we offend God *Psalm 51:4; Romans 1:18; Deuteronomy 25:16*
God loves us and wants us to love Him, but when we sin we are openly defying God and telling Him that we think we know better, or that we just don't care about His commands.
2. We hurt our fellow man *1 Corinthians 6:8*
 - a. Eating or drinking something in their presence that causes them to sin *1 Corinthians 8:13; Romans 4:15, 19-20*
If you know your friend is a recovering alcoholic, will you take him to a bar and drink a beer in front of him? Of course not! Because you know that drinking alcohol in his presence would cause him to fall back into his addiction. That is what these verses are talking about: Doing things that cause other people to stumble (i.e. sin) is, in and of itself, a sin.
 - b. Murder, false witness, adultery, etc. *Exodus 20:13-17*
Obviously, if you murder someone, you are hurting someone else! But even emotional hurt, inflicted by such sins as adultery, are counted as wrong in God's eyes.

Can we ever be "good enough" without the help of Jesus?

1. Sometimes we think if we are a good enough of a person then that is enough for God to forgive our sins, but Jesus said that no one is good. *Romans 3:10-12*
2. No one can be free from sin's guilt on his own. *Isaiah 53:6; Romans 6:23*

i *Imagine the following scenario: You are pulled over by a police officer because you just ran a red light! The officer says, through his thick horned-rimmed sunglasses, "Do you know why I pulled you over son (or ma'am)?" and you respond with a smile, "Yes sir, I just ran that red light!" The officer, surprised by your happy demeanor responds, "I don't think you understand, you could have gotten yourself killed, or killed someone else. And in this state running a red light carries a hefty fine of \$1,100. I am going to need your license and registration". Confident that you will not be fined, you refuse the officers request for your driver's license and offer this in your defense, "You can't charge me officer, you see I am really a good driver. In fact, I have stopped at thousands of red lights in my life. Surely my good driving far outweighs my bad driving".*

How do you think the officer would respond? He is going to write you that ticket, to the full amount! Why? Because following the law does not pay the price for breaking it. No matter how much we follow the law, breaking it only once is means for punishment. How much more is this true when we break God's law, because God is infinitely just and holy?! Thus, sin must be punished!

3. Sin must be punished. *Romans 6:23*

The results of sin

1. Man is condemned and held accountable to God *2 Corinthians 5:10*
God is all knowing, so He knows every time we sin. He is also just, so He will condemn and punish all sin.
2. Separation from God, that is death *Romans 6:23; 2 Thessalonians 1:9*
God is perfectly holy, that means that He can't even be in the presence of sin! So, when we sin we separate ourselves from God.
3. The second death, a spiritual death, known as hell *Revelation 20:15, 21:8*
When we sin, our punishment is death. But this is not just a spiritual death, but also what is called the second death (or spiritual death) which is to be cast into Hell. Needless to say, Hell is not a fun place,

it is described as a lake of fire, with eternal torment, burning and gnashing of teeth. So then, what kind of loving God would send someone to Hell for eternity?

i **Share the snail illustration:** *If you tell a lie to a snail, what is your punishment? Nothing! If you tell a lie to your spouse (or significant other, mom or dad), what then is your punishment? You may have an argument, get in trouble or even break up! If you tell a lie to a police officer or judge, you can go to jail for 'obstructing justice'. But, if you tell a lie to the federal government, this could be considered treason and you can be executed for it! The same sin (lying in this case) carries different punishments depending on who the sin is against. If we sin against an infinitely Holy and infinitely Just God, then the punishment will be equally infinite.*

The answer to the problem of sin

1. Man is not able to take away the problem of sin. *Psalm 49:7*
2. The only way to forgive sin is through the shedding of blood *Hebrews 9:22*

The consequence of sin is death, so there must be death to pay for sin. In the old testament God allowed the use of animal sacrifice for the forgiveness of sins. But ultimately, this was not enough.

3. Jesus Christ shed His blood for us. *Revelation 1:5*

Jesus is described as the perfect sacrifice. He died for us, to take the punishment for our sin. Because of His death, we no longer need to sacrifice animals to have our sins forgiven, instead we just have to accept the sacrifice that He made for us.

i *If you disciple/student is not saved, but thoroughly interested at this point, share the full Gospel with them now!*

CONCLUSION

It is important for us to admit that we have sin in our lives! No one is so good that they can say they have never sinned (*1 John 1:8*). Now we see why we need God. We desperately need Him to free us from the sin that imprisons us. Jesus Christ is the only answer to our problem of sin (*Acts 4:12; Hebrews 7:25*).

Who Is Our Savior?

Foundations 1 | Lesson 5

INTRODUCTION

In the last lesson we learned about the problem of sin. This lesson will focus on the solution to that problem. If the consequence of sin is death (spiritual and physical), then we need someone to save us from that consequence, otherwise we too will perish (die spiritually). However, 2 Peter 3:9 tells us that God is not willing for any to perish. So, God in His infinite mercy provided us with a savior.

Make sure to refresh on the problem of sin, if it is not fresh in your student's mind.

FOR GOD SO LOVED THE WORLD THAT HE GAVE HIS ONLY BEGOTTEN SON, THAT WHOEVER BELIEVES IN HIM SHOULD NOT PERISH BUT HAVE EVERLASTING LIFE. JOHN 3:16, NKJV

Who is Jesus Christ?

1. He is God's only begotten Son. *John 3:16, 18; 1 John 4:9*
 - a. The word begotten means "to procreate (reproduce) as the father" (Merriam-Webster's)
 - i. We are all children of God *Malachi 2:10; Galatians 3:26; 1 John 3:2*
 - ii. Christ is the only 'begotten' child of God, meaning God Himself was not just the Heavenly Father, but also the physical Father. *John 1:14, 3:16; Matthew 3:17*
 - b. Jesus was born of the virgin Mary, impregnated by the Holy Spirit *Matthew 1:18; Luke 1:30-35*

Some translations improperly leave out the word "begotten" but this is a problem. If you say Jesus is God's only son, then what does that make us? Not a son of God! Instead, He is God's only begotten Son, meaning, Jesus (in the flesh) was conceived by God and not Joseph. That is not to say God had intercourse with Mary, but rather God miraculously put Jesus in Mary's womb.
2. He is God
 - a. He is equal with God and is, Himself, God *John 1:1, 5:18-19, 8:58; Colossians 2:9; Philipians 2:6*
 - b. He is one with Father God *John 10:30, 14:10*
 - c. Through Him everything was created *John 1:1-3, 14*

Now we are getting into some tough theological ground. At this point, if you can, avoid talking about the Trinity. But if you must, explain that we believe in one God, who is Three persons "Father, Son, and Holy Spirit", Jesus is the Son. We will talk more about the Trinity later.
3. He was fully man
 - a. He had flesh and blood *John 1:14; 1 Timothy 3:16; 2 John 1:7*
 - b. He was tempted with everything we are tempted with *Hebrews 2:17-18, 4:15-16*

Here we get into an important distinction! Temptation is not sin! Being tempted to lust after a woman, for example, is not sin, allowing your mind to take that temptation and fester on it, lusting after the woman, is sin.
4. He never sinned and lived a perfect life *Hebrews 4:15*

What did Jesus do while He was on earth?

1. Jesus was born around the years 0-5AD
 - a. He was born of the virgin Mary, in a stable, in the small Jewish town of Bethlehem *Luke 2:4-7*
 - b. He was greeted after His birth by wise men who came bearing gifts, they recognized Him as King. *Matthew 2:1-2*
 While many representations of this event include three wise men, the Bible never clarifies how many there actually were.
2. Jesus spent much of His life teaching. His teachings include:
 - a. Give to and help the poor, homeless, sick, & imprisoned *Luke 4:18-19; Acts 10:38; Matthew 25:31-46*
 - b. Love your neighbor as you love yourself *Matthew 22:39; Mark 12:31*
 - c. Love God above all else *Matthew 22:37-38*
3. Jesus performed many miracles, these include:
 - a. Healing the blind *John 9:1-7*
 - b. Healing the crippled *John 5:3-9*
 - c. Raising the dead *Mark 5:35-42*

The importance of Jesus' death

1. Jesus never sinned so He did not deserve death *Hebrews 4:15*
 - a. The consequence of sin is death, as we learned earlier *Romans 6:23*
 - b. Jesus was the only adult who has ever lived who did not sin *Romans 3:23*
2. Jesus chose to die *John 10:15-18*
 - a. He could have stopped His own death *Matthew 26:53-54*
 - b. He knew that this was God the Father's will for Him *John 12:27*
 - c. Because Jesus He had no sin, He did not have to die (which is the consequence of sin). *Romans 5:12*
3. He fulfilled many prophecies in His trial and death
 - a. Compare: Isaiah 50:6 with Matthew 26:67 and Isaiah 53:12 with Mark 15:27
4. Jesus died as a sacrifice for our sins *Ephesians 1:7; Isaiah 53:4-6; 1 Peter 2:24*
 - a. The forgiveness of sins requires a sacrifice *Hebrews 9:22*
 - b. Jesus was called the Spotless Lamb, the perfect sacrifice *1 Peter 1:18-19*
 Often times a lamb was used for sacrifice. Because the spilling of blood was required for the forgiveness of sins, they would take a lamb, without any spots, blemishes, or deformities, and slay it as an offering to God. Jesus was the perfect lamb, the eternal sacrifice, dying for our sins.
 - c. Through His death, He took the punishment that we deserve *Galatians 3:13; 2 Corinthians 5:21; Romans 5:6-8*
 - d. How could Jesus take the punishment for our sins? Is that just?



Use the court example: Imagine you are in court, you have been convicted of a large number of crimes, and are ordered to pay the court 100 million dollars. If you cannot pay, you will be put into prison until you die, or until you can pay! As the judge is sentencing you, a rich man walks in and says "This man here is a servant and a friend of mine! I cannot let him live in prison, he is to live with me in my house! I will pay his fine!"

This is what Jesus did for us! He paid the "ransom" for our sin, he took the penalty for the crime.

How did Jesus die?

1. Jesus was crucified by Roman soldiers *John 19:23*

Crucifixion is how Romans executed the worst of criminals. It involved being nailed to a cross and being set up in a public place. You stayed on the cross until you were dead.

- a. Some of the Jewish leaders did not like His teachings, and plotted to kill Him *John 11:45-48*
The Jewish leaders thought Jesus had great political power, they feared Jesus would take this power away from them, so they, knowing that He claimed to be God, plotted to kill Him to prove He was only human.
 - b. They arrested Him, presented Him to the Sanhedrin and demanded His death *Matthew 26:57, 59*
 - c. To appease the crowd, Pilate handed Jesus over to be flogged and crucified *Matthew 27:24*
2. Right before He died, Jesus chose to forgive
 - a. He forgave the thief on the cross next to Him *Luke 23:42-43*
 - b. He asked forgiveness for all of those who killed Him *Luke 23:34*

Jesus rose again!

1. Three days after Jesus' death, He rose from the grave! *Matthew 28:5-7; Luke 24:5-8*
 - a. This fulfills Jesus' own prophecy to His disciples that He would rise again *Matthew 20:17-19*
 - b. We do not serve a dead God, but rather a living God!

What power does Jesus Christ have today?

Matthew 28:18; Ephesians 1:19-22

1. Power to heal sickness *Matthew 8:14-16*
2. Power to force out demons *Matthew 8:16*
3. Power to forgive sins *Mark 2:5-12*
4. Power to answer prayer *John 14:13-14*
5. Power to keep us from falling *Jude 24-25*

CONCLUSION

Jesus Christ was sent to free us from the bondage and consequences of our sin! John 3:16 says that God doesn't want anyone to die (spiritually), but He wants all of us to have life everlasting. We can have forgiveness and freedom from SIN through Jesus!!

Repentance, Salvation & Water Baptism

Foundations 1 | Lesson 6

INTRODUCTION

We know that we have all sinned (*Romans 3:23*), and we know that the punishment for sin is death (spiritually, this means Hell) (*Romans 6:23*). Is there any way to be saved from such a consequence?

What is Salvation?

1. Salvation means to be forgiven of our sins.
 - a. Because of our sins we are separated from God and we deserve to go to Hell *Isaiah 59:2*; *2 Thessalonians 1:8-9*; *Revelation 21:8*

i If the student asks "What is Hell" you can tell them it is a place of eternal punishment and separation from God. Jesus described it as a "Lake of Fire" where you never die (*Mark 9:43-44*). Some believe this to be a metaphor, others believe it means physical burning. Whatever you believe, Hell is an awful place. So then, why would a loving God send someone to Hell? Because He is infinitely just. (If they need further clarification, see Lesson 4, "What is Sin", snail example under "The Results of Sin".)

2. If our sins are forgiven, we are saved from Hell. *Mark 16:16*; *John 3:3*
 - a. God is loving and willing to forgive, so if we can get our sins forgiven, all of them, then we can be saved from Hell.
3. Jesus' name ("Yeshua" in Hebrew) means "to rescue", "to deliver", "to save". (Wikipedia, "Yeshua Name")
 - a. Jesus came to save the world, to forgive them of their sins. *Matthew 1:21*
 - b. Salvation comes through Christ alone, it is only through Him that we can get to heaven. *John 14:6*; *Acts 4:12*

i We covered this in the last lesson. If you need to clarify, go back to the last lesson.

What must we do to be Saved?

Romans 10:9; *Acts 3:19*

1. **Believe** in our hearts that Jesus Christ was raised from the dead by God *Acts 2:24, 13:30*
This is the easy part, either you do or do not believe this.
2. **Confess** with our mouths that Jesus Christ is Lord
 - a. Jesus Christ wants to be the Lord of our lives
 - b. We must choose to confess Him as Lord, He will not force us *Isaiah 1:18-19*
 - c. Jesus being Lord of our lives means we listen to Him and do what He asks of us
3. **Repent** from our sins *1 John 1:9*
 - a. To 'repent' means to turn away from. We must turn away from our sins. *Acts 3:19-20*
 - b. This does not mean that we can never sin again, but rather that we never want to sin again
 - c. This also means that we do everything we can to stop sinning *Acts 26:20b*
 - d. Our flesh wants and even desires to sin *Romans 7:15-24*
 - i. We must ask Christ to help us repent, to overcome the flesh

What helps us to repent?

1. God's kindness and goodness *Romans 2:4*
2. Godly sorrow over our sin *2 Corinthians 7:10*

Above all, ask God to help us repent! Our flesh does not want to repent, but with God's help, he can plant that desire in our hearts.

When should a person be saved?

1. Right now. Today is the day of salvation! *2 Corinthians 6:2*
2. Procrastination is dangerous *Proverbs 27:1, 29:1*

When will we die? Who knows, maybe you will die after reading this lesson. Maybe an earthquake will hit 5 minutes from now. The time of death is uncertain even to the wisest of men! Don't wait to be saved, because once you are dead it is too late!

3. The Holy Spirit is pleading now *Hebrews 3:7-8, 15; 2 Peter 3:9*
 - a. God is not willing that **any** should perish. *2 Peter 3:9*
 - i. His angels even rejoice over one sinner who repents! *Luke 15:10*

Note: In the conclusion of this lesson is a "sinner's prayer" that you can take people through if they are ready to be saved. This lesson should lead to salvation! So go get 'em saved!

What will Jesus do for those who trust in Him and receive Him into their hearts?

John 1:10-13

1. Save them from Hell *John 5:24*
2. Give them a more abundant life *John 10:10; 1 John 5:12*
3. Protect them from dangers *Isaiah 54:17; Psalm 91:7*
4. Give them peace *John 14:27*

Assurance of Salvation

1 John 5:11-13

1. If you have believed the Words of Jesus and followed them, (believed in your heart, confessed with your mouth, and repented from your sins) you are saved and that's it! *John 5:24*
2. Don't ever base your salvation on how many good things you have done or will do. Salvation comes through Christ alone. *Ephesians 2:8-9; Titus 3:5*
3. The moment you receive salvation, you are a new person (a new creation)! *2 Corinthians 5:17*

- a. Becoming a child of God is not just adopting Christian beliefs for your life. It is to become a disciple (follower) of Christ. A devoted disciple who gives his all to serve the Lord of his life.

The word "disciple" literally means follower, in modern English we might use the word "apprentice". Someone who learns from someone else by following them around, observing what they do, and learning to do what they do.

- b. **Check yourself:** If you have found a new love and compassion for all of mankind, you are saved! If you still have hate in your heart that you are not willing to fight against, repentance and true salvation is needed. *1 John 2:3-11*

Are you willing to forgive others? It may be hard but as a Christian you should have the desire to forgive everyone. Forgiving others may take time, it may take lots of work and

prayer, but it should always be our desire. If we refuse to forgive, the Bible says we are not Christians.

Water Baptism

1. What is water baptism?
 - a. The word baptize ("baptizo" in Greek) literally means "to immerse...to submerge...to make clean with water". (Strong's Concordance G907, "Baptizo")
 - b. Likewise, to be baptized means to be submerged in water.
 - c. Water baptism symbolizes our death to ourselves, and resurrection in Christ. *Romans 6:4*
 - i. Basically you're saying, "I give up living for myself and now I live for Christ!"
2. Jesus Himself was baptized in water *Matthew 3:16*
3. Jesus commanded water baptism *Matthew 28:18-20; Mark 16:16*
4. Biblically, everyone who would get saved would be baptized *Acts 2:37-41, 8:12*
 - a. In Jesus' time, almost all towns were centered around a river or along a lake. The river was used for everything from washing clothes to bathing. When someone got baptized, the whole town would see, so this made it a public declaration of faith.
5. Baptism generally happened directly after salvation *Acts 8:34-38*
 - a. It can be fun to have huge baptism services where your family and friends can watch you get baptized, however, don't let scheduling and planning stop you from being baptized or baptizing others. If a new convert is ready and willing, baptize them right away!

Some churches symbolize baptism by sprinkling water over a new believer's head. However, all of our examples in the Bible have baptism being a full submersion of the new believer in water. Either way, it is not a magic ceremony that has to be perfect to work. Instead it is a symbol of re-birth, and a public confession of Christ.

CONCLUSION

There is no one who does not need to repent. No sin is too great that it cannot be forgiven, and no sin is too small that it doesn't need salvation. Today is the day for salvation. Jesus Christ is the only way to heaven, He is our salvation, and in Him alone can man be saved. Confess with your mouth, believe with your heart, and repent from your sins and then you are saved. If you haven't already prayed the salvation prayer or something like it, and you would like to receive Jesus Christ as your Lord and Savior, pray something like this right now:

"Dear Heavenly Father, thank You for Your love. Thank You for sending Your Son to die for my sins. Jesus, I believe You are the Son of God and that You died for my sins. I believe that God raised You from the dead and that You are alive today! With Your help, I choose to turn my back on all my past relationships, activities, mindsets and habits that were wrong in Your sight and make You the Lord of my life. Forgive me and help me to live my life for You and for Your Glory! Thank you, Lord. In Jesus' Name, Amen!"

As a believer in Jesus Christ, we are commanded to be baptized in water. If you have never been baptized in water, choose to obey right now.

Living a Life of Repentance

Foundations 1 | Lesson 7

INTRODUCTION

What does living a Christian life look like? Do we just say a prayer, ask Jesus into our heart, and then go back to normal, everyday life? In this lesson will we discuss what a Christian life looks like, and what living a life of repentance means for you!

Die to yourself and take up your cross

Luke 9:23-24; Mark 8:34-35; Matthew 10:38-39, 16:24

1. We are to die to ourselves daily *Luke 9:23*
 - a. When we are baptized, it is symbolic of dying to ourselves and living for Christ *Romans 6:2-4*
 - b. Dying to ourselves means denying the cravings of the flesh *Romans 12:2, 13:14; Galatians 5:24*

The "flesh" refers to all of our sinful desires. So, dying to ourselves simply means daily sacrificing our sin and sinful cravings, and replacing them with holy and righteous thoughts and actions.
2. We are to "take up the cross daily" and follow Him
 - a. To take up the cross means to daily sacrifice yourself for the sake of others, and for Christ. Loving others is an essential part of Christianity, which even means sacrificing yourself for others.
 - b. To completely surrender your life to God and His will for you.

Ask for forgiveness daily

1. Jesus Christ died so that all of your sins would be forgiven. *Acts 10:43; 1 Peter 2:24*
 - a. They are separated as far as the east is from the west *Psalms 103:12*
 - b. They are forgotten by God *Isaiah 43:25*
2. Jesus still wants us to ask for forgiveness, daily. *Psalms 139:23; 1 John 1:8-9*
 - a. Asking for forgiveness is part of the Lord's prayer. *Luke 11:1-4*
 - b. We must ask God to search our hearts. *Jeremiah 17:9; Psalm 139:23*

We can't deceive ourselves into believing we don't sin. Instead we must recognize that we sin daily, and ask God for forgiveness.



Note: The Bible does not say our salvation is dependent on daily repentance, rather, it says that daily repentance is a sign of someone who is saved. Repentance is both a onetime act at the time of salvation (that is, deciding to live a life of repentance and asking God for help) and it is continual, walking daily in that repentance.

Live your life as proof of your repentance

Acts 26:20

1. We must love God with all of our heart, soul, mind and strength *Mark 12:30; Luke 10:27; 1 John 4:19*
2. We must have fellowship with other believers *1 John 1:7; Hebrews 10:25*
3. We must confess our sins to God *1 John 1:9-10*
4. We must keep God's commandments *1 John 2:3-5*

5. We must love everyone *1 John 2:9-11; Ephesians 5:2; Matthew 5:44*
6. We should not love the things of the world *1 John 2:15-17*

We should not chase after what non-Christians chase after. We should not love money, cars or fancy electronics. We should not idolize sports, actors, or musicians. We should not chase after things that are sinful.



Note: It should be said, money, sports, cars, electronics, etc. are not in and of themselves bad or sinful, but you should not love them with the fervor the world does, instead you should love Christ with that fervor.

7. We must do good deeds *1 John 3:18; James 1:22, 2:18*
 - a. We are not saved by our good deeds, but our good deeds prove our salvation. *James 2:18*

CONCLUSION

To be a Christian means to die daily to ourselves, to continually repent of our own sins, to desire a relationship with Christ and to strive after God and His desires. It means fellowshiping with other believers, loving God more than anything else, and following His commandments. None of us are perfect, but as Christians we live a life long journey to strive after perfection (*Matthew 5:48*), until one day we are with Christ in heaven.

Testimony

Foundations 1 | Lesson 8

INTRODUCTION

If you just won the lottery, who would you tell? Most likely, everyone! You would hardly be able to hold in your excitement! Christ has given us more than any lottery ever could, should we not be so excited that we tell everyone? Our testimonies show our excitement, and joy that we have in and through Christ.

What is a testimony?

1. A testimony, as defined by Google Dictionary is “A formal written or spoken statement, esp. one given in a court of law.”
 - a. It is a statement, given under oath, by an eyewitness.
 - b. Hearsay does not count in court (I.E. giving a statement about what someone else said happened). Testimonies given in court are always personal.
2. A Christian testimony, like a legal testimony, is a statement you make about your own experiences with Christ.
 - a. Our testimonies should always be about what Christ did for us, not someone else.
 - i. While statements and stories about other believers can be powerful and moving, they do not hold the same power as your own personal testimony.



To recap: A testimony is a personal and factual story about what God has done for you in your life.

What should our testimonies be about?

1. Your testimonies can be about any experience you have had with God, pointing the listener back to God.
 - a. Share about how Christ saved you.
 - i. Often times the word testimony is used to specifically mean the testimony about when you were saved. *1 Timothy 1:12-17*
 - ii. It should include how you learned about Christ, when you got saved (date or age), and how you became a changed person after being saved. *2 Corinthians 5:17*
 - b. Your testimonies can also be about what God has done for you. *Mark 5:19*
 - i. How he has blessed you in different ways.
 - ii. Miracles that God has done for you, such as healing or financial blessing in a time of need. *Psalms 77:11, 105:5, 143:5*
 - c. Your testimonies can also revolve around what God has done through you.
 - i. How God has used you to help others
 - ii. Remember to give the glory to God, and not yourself *Romans 16:27: 1 Peter 4:11*
2. Basic Testimony example: “God is so good! I have been praying that God would help me with finances, and today I got a promotion at work. I have been working really hard for that promotion, but there are so many other candidates for the job, it was unlikely I would ever get it. God really came through for me!

Why should we share our testimony?

1. To see other people get saved *1 John 1:2-3*
 - a. People are encouraged by our testimonies, use it as an evangelism tool.

2. Because Jesus commands us to *John 15:27: 2 Timothy 1:8*
3. Our eternal salvation is proven by it *Matthew 7:21-23, 10:32-33; Mark 8:38; Malachi 3:16-17*
 - a. If we are ashamed to confess and proclaim Christ, He will deny that He knew us when we come before God in our final judgment.
4. To defeat the Devil and his demons *Revelation 12:11*
5. To encourage other believers

How to testify about how Christ saved you*

1. Your testimony of salvation should be a bridge to the Gospel
 - a. Your testimony should be designed to move someone's heart to listen to the Gospel, but it is not the Gospel itself! The goal of the testimony is simply to help us bridge to the Gospel!
2. Your testimony about your salvation should include the following three parts:
 - a. What your life was like before Christ. (Were you angry, troubled, addicted to drugs, etc.)
 - b. How you became a Christian.
 - c. What has happened in your life since you became a Christian? (Joyful, peaceful, forgiving, etc.)
3. Don't make it too long, if written it should be about 1 page, spoken less than 5 minutes.
 - a. If it's too long, people won't have patience to listen
4. Be sure to tell it in an interesting manner.
 - a. This is the story of how Christ saved you, you should be excited and happy about it!
5. Salvation Testimony Example: "Before I knew Christ I was really having a hard time with... and I would constantly cause trouble by.... my life was just a mess. But when I got saved Jesus changed me, now I don't have problems with... and Jesus has restored the area of my life I was struggling with! Jesus can do the same for you!"

Note: this is a very basic example, get personal and passionate with your own testimony. Share your salvation testimony with your student.

How to testify about what Christ has done for/through you*

1. Share about a problem (In your life or someone's life that God changed through you)
 - a. Sickness, finances, marital problems, sin problems, etc.
2. How Christ solved that problem
3. Victory Christ has given since then
 - a. Freedom from alcoholism, overcoming a bad temper, finding a way to forgive someone, etc.
4. Victory Testimony Example: "You know my mom has been struggling with cancer. I have prayed for her every night, but last week I prayed in person and God told me He would heal her. Praise God, yesterday the doctors could not find any cancer in her body!"

* These points are adapted from "T4T: A Discipleship Re-Revolution" by Steve Smith with Ying Kai, pgs. 52-53

CONCLUSION

Start testifying right now! Your testimonies are powerful and put the devil to shame, use them often. The Holy Spirit will help you testify and give you boldness (*Acts 1:8*). Tell your friends what God is doing, and be excited! He saved you from death and sin, and changed your life, never be ashamed of that, boast in the Lord (*1 Corinthians 1:31*)! Whether sharing a testimony as a bridge to salvation, or as encouragement to other believers, always give God the glory for what He is doing.