

# Foundations Course

## 1. FOUNDATIONS

### Why we need a foundation.

#### Aims

1. To lay a good foundation which is able to support a strong spiritual building.  
*1 Corinthians 3:11-13; Ephesians 2:19-22*
2. To understand God's truth and translate it into lifestyle.  
*John 8:31-32; James 1:22*
3. To equip ourselves to share truth with others. (We don't really know something until we are able to express it to someone else.)  
*1 Peter 3:15; 2 Timothy 3:16*

#### Guidelines

1. Be diligent workers, who handle the truth accurately and without prejudice (preconceived ideas, fads, bandwagons, etc.)  
*2 Timothy 2:15*
2. Avoid controversy, pointless tangents, fruitless discussion.  
*2 Timothy 2:16; Titus 3:9*

*"We have much to say about this, but it is hard to explain because you are slow to learn. In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!"*  
*Hebrews 5:11-12*

The writer to the Hebrews saw something missing in the lives of the people to whom he ministered. They weren't growing and developing as they should. He did not condemn, but showed a way out. He instructed them. They were immature because of lack of disciplined study. They should have been able to teach others, but still needed help themselves. Those who have not mastered fundamentals cannot grasp more advanced truth. We need to digest milk before we can digest meat.

A baby who doesn't grow and develop worries its parents. Those who fail to grow are a problem to themselves and everyone else around them.

Christians who avoid becoming "meat eaters" (through laziness or lack of discipline) take up much time in God's family because they need to be spoon fed with a soft diet.

They are also susceptible to all kinds of false teaching or “spiritual fads”, and even moral danger.

Read *Ephesians 4:11-16*

*Verse 14*

*“Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming...”*

What happens to those who remain babes?

- They are tossed about - unstable.
- They may be deceived or unsettled by false teaching.
- They may become victims of men who have ungodly motives.
- They are unable to speak the truth (God’s word) in love (if they don’t know it). This might lead to sharing worldly ‘wisdom’ or sentimental advice with others.
- They hinder the growth of the body (e.g. may lack perseverance when the going gets tough because of ignorance of God’s plan).

*“Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation...”*

*Hebrews 6:1*

Before building at all in the Christian life we need to know foundational truths. The writer to the Hebrews encourages these people to become mature after laying a foundation. The foundation he expected them to lay included a knowledge of these things:

- Repentance from acts that lead to death
- Faith in God
- Instruction about baptisms
- The laying on of hands
- The resurrection of the dead
- Eternal judgement.

These will be included in our course along with other topics.

## Benefits

### 1. Stability

Building without a good foundation leads to instability. The taller the building, the deeper the foundation. In a large building the preparation of the foundation can be the most laborious, with excavations and a great deal of material going into it, yet, often without much visible result to the casual observer. When the superstructure goes on we can know that a substantial foundation is underneath.

A good foundation is tested under stress (eg earthquake). In our lives a good foundation is needed when feelings fail. In the Christian life it takes discipline and effort to lay a foundation and the maturity and spiritual fruit can be observed later.

### 2. Sharing

Besides being a necessity for our own growth and stability and therefore adding to the growth of the church (in quality), foundations well-laid, enable us to share more effectively with others. We are able to express verbally what we know and have experienced in Christ.

3. Experience and knowledge

The knowledge we gain from God's word is not meant to be just intellectual knowledge. We can store things in our minds but not experience all that God has for us. Experience and knowledge must go together. It is expected that strength, confidence, prayer, relationships, etc. will grow and develop as we allow the Holy Spirit to apply the truth of God's word to our everyday lives.

*John 8: 31, 32*

## S-T-U-D-Y

**S**earch out all the Scriptures on a given topic. This will give you a balance of doctrine on the entire subject. You will not be lopsided or on a tangent. A doctrine is never built on a single Scripture but is developed out of all that the Bible has to say on the given topic.

**T**ie the teaching to everyday living. Ask yourself this question, "How does this truth apply to my life right now?" The Bible is not a textbook on theory; it is a guide to Christian growth and life.

**U**se all available study helps, such as dictionaries, Bible encyclopaedias, commentaries.

**D**iscipline yourself to provide regular times for study. Find a quiet place and try to eliminate clutter and distractions.

**Y**ou make all the difference. Your own openness to God and willingness to be changed will determine how much you add to your life. It is not a matter of IQ or education, but of heart attitude. The Holy Spirit will make it come alive to us as we co-operate.