

CHRISTENDOM1 | FOUNDING STUDIES LIBRARY

Foundations of Faith

HOST & HOUSEHOLD GUIDE

A clear, adult-led plan for guiding six sessions with Scripture, privacy, courage, restraint, practical obedience, and care for every person at the table.

Adults | Older teens with a parent or guardian | Six sessions

BEGIN | BUILD | CARRY

BEFORE YOU LEAD

Prepare the table, not a performance.

The host is not asked to have every answer. The host protects the purpose, keeps Scripture central, invites honest questions, and refuses pressure, contempt, spectacle, or careless disclosure.

HOST COVENANT

01	I will read every assigned passage in context before the gathering.
02	I will not use this group to shame, diagnose, interrogate, or force disclosure.
03	I will protect private stories and redirect identifying details that do not belong at the table.
04	I will keep candidate activity, partisan organizing, and lobbying campaigns outside this 501(c)(3) space.
05	I will keep every activity involving minors parent- or guardian-led.
06	I will practice the same faithful action I ask participants to carry.

A repeatable 60-minute rhythm

05	**ARRIVE**	Welcome, settle, protect privacy
15	**READ**	Read the passages aloud and in context
15	**WRESTLE**	Use two or three questions; do not rush silence
10	**PRACTICE**	Name one realistic act of obedience
10	**PRAY**	Pray without exposing private details
05	**COMMIT**	Confirm the next meeting and follow-up

SESSION 01 | HOST PLAN

Scripture as the Foundation

Begin with the text - not the trend, reaction, or algorithm.

READ ALOUD

2 Timothy 3:14-17 | Psalm 119:105 | James 1:22-25

Prepare

Read each passage in full and mark the words or commands the group should notice. Complete the practice yourself before asking anyone else to do it.

Open the conversation

01	Where do you most often look for authority before you look to Scripture?
02	What is the difference between using a verse and submitting to the biblical text?
03	What truth have you understood intellectually but not yet practiced?

GROUP ADAPTATION	HOUSEHOLD ADAPTATION
Invite each person to name one voice competing with Scripture. Read James 1:22-25 aloud, then choose one shared act of obedience for the week.	Ask: What voice gets the most attention in our home, and how can we make room to hear God's Word together?

Close with one faithful action

Read James 1:22-25 slowly three times. Write one command, one warning, and one action you can take within twenty-four hours.

Host follow-up

SESSION 02 | HOST PLAN

Knowing Who You Are - and Whose You Are

Receive identity from God before the world assigns one to you.

READ ALOUD

Genesis 1:26-27 | Ephesians 2:10 | 1 Peter 2:9-12

Prepare

Read each passage in full and mark the words or commands the group should notice. Complete the practice yourself before asking anyone else to do it.

Open the conversation

01	Which label or achievement most tempts you to define your worth?
02	How should God-given dignity change the way you speak to someone you disagree with?
03	What good work may God already have placed in front of you?

GROUP ADAPTATION	HOUSEHOLD ADAPTATION
Name one label the world uses to measure worth. Compare those labels with Scripture and discuss how secure identity changes the way Christians treat others.	Complete this sentence together: In this home, our worth is not earned by ____. We belong to God, so we will ____.

Close with one faithful action

Make two columns: voices that name me and what God says. Compare each claim with today's passages and cross out what cannot stand.

Host follow-up

SESSION 03 | HOST PLAN

Prayer, Attention, and Spiritual Discipline

Turn down the noise so your life can become attentive to God.

READ ALOUD

Matthew 6:5-13 | Psalm 46:10 | Colossians 4:2

Prepare

Read each passage in full and mark the words or commands the group should notice. Complete the practice yourself before asking anyone else to do it.

Open the conversation

01	What most consistently fragments your attention?
02	Which movement of the Lord's Prayer do you tend to avoid?
03	What simple rhythm could you sustain for the next seven days?

GROUP ADAPTATION	HOUSEHOLD ADAPTATION
Practice the movements of the Lord's Prayer together. Leave room for silence, then help each person choose one realistic seven-day prayer rhythm.	Create a short household prayer: one sentence of praise, one request, one confession, and one commitment to serve.

Close with one faithful action

Choose a ten-minute daily window. Put your phone away, read the Lord's Prayer, sit in silence for two minutes, and pray through each movement in your own words.

Host follow-up

SESSION 04 | HOST PLAN

Obedience When It Carries a Cost

Faithfulness becomes visible when comfort is no longer in charge.

READ ALOUD

Luke 9:23-25 | John 14:15 | James 1:2-4

Prepare

Read each passage in full and mark the words or commands the group should notice. Complete the practice yourself before asking anyone else to do it.

Open the conversation

01	Where have comfort or approval quietly become decision-makers?
02	How can you tell the difference between courage and reaction?
03	Who has permission to question your motives and help you discern?

GROUP ADAPTATION	HOUSEHOLD ADAPTATION
Discuss costly obedience versus impulsive reaction. Each person should name one mature Christian who can question motives and offer counsel.	Share an age-appropriate story of a time doing the right thing cost something. Ask what helped and what you would do differently.

Close with one faithful action

Name one clear act of obedience you have delayed. Seek counsel from a mature Christian, set a responsible next step, and complete it this week.

Host follow-up

SESSION 05 | HOST PLAN

Discernment in a Loud and Confusing World

Test what you hear. Hold fast to what is good. Speak truth in love.

READ ALOUD

Romans 12:1-2 | 1 Thessalonians 5:21-22 | Ephesians 4:15

Prepare

Read each passage in full and mark the words or commands the group should notice. Complete the practice yourself before asking anyone else to do it.

Open the conversation

01	Which emotions make you easiest to manipulate online or in conversation?
02	What evidence, context, or counsel would help you test a difficult claim?
03	How can you disagree while protecting the other person's dignity?

GROUP ADAPTATION	HOUSEHOLD ADAPTATION
Bring one nonprivate claim to the table. Test its source, context, fruit, and agreement with Scripture without turning the conversation into partisan debate.	Choose one advertisement, headline, or short video. Ask: What does it want us to feel, believe, and do? What is true? What is missing?

Close with one faithful action

Before sharing one charged claim, pause. Identify the source, check context, compare it with Scripture, and ask what faithful action - if any - it requires.

Host follow-up

SESSION 06 | HOST PLAN

Turning Belief Into Service

Do not merely resist darkness. Establish light through faithful action.

READ ALOUD

Micah 6:8 | Matthew 5:14-16 | James 2:14-18 | Galatians 5:13

Prepare

Read each passage in full and mark the words or commands the group should notice. Complete the practice yourself before asking anyone else to do it.

Open the conversation

01	Who has God already placed close enough for you to notice and serve?
02	Are you more drawn to visible gestures or durable responsibility? Why?
03	What would it mean to help with someone rather than merely doing something to them?

GROUP ADAPTATION	HOUSEHOLD ADAPTATION
Map needs already visible to the group. Choose one trusted partner, one responsible action, and one promise the group can faithfully keep for a month.	Choose one household service practice for the next four weeks. Let each person contribute in an age-appropriate, adult-guided way.

Close with one faithful action

Map one circle you already inhabit. Name one real need, one trusted partner, and one action you can sustain for a month.

Host follow-up

WHEN A CONVERSATION BECOMES DIFFICULT

Protect truth, dignity, and the table.

01 If a participant shares an immediate safety concern, pause the study and seek appropriate local or emergency help. A study group is not crisis care.

02 If someone names another person's private story, redirect to what the speaker is responsible for and remove identifying details.

03 If disagreement becomes contempt, restate the shared covenant and return to the text. End the conversation if dignity cannot be protected.

04 If you do not know, say so. Write the question down, study it carefully, and return with humility.

05 If a minor participates, the parent or guardian remains responsible for every adaptation, conversation, and follow-up.

Final host reflection

Where did this group move from information toward obedience? What needs care before another session begins?

The goal is not to appear heroic. It is to become faithfully useful.