

CHRISTENDOM1 | FOUNDING STUDIES LIBRARY

Foundations of Faith

PARTICIPANT WORKBOOK

A Scripture-centered path from belief to practice - written to be read, wrestled with, carried home, and made visible through faithful service.

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

BEGIN | BUILD | CARRY

HOW TO USE THIS WORKBOOK

Read. Wrestle. Practice. Share. Serve.

This workbook accompanies the interactive course. Read every passage in context before using the teaching summary. Write honestly, choose one realistic practice, and return to the next session only after giving the current truth room to become action.

THE CHRISTENDOM1 STUDY RHYTHM

01	Scripture: begin with the biblical text, not the trend or reaction.
02	Teaching: receive a clear formation focus without replacing the full text.
03	Reflection: wrestle honestly before reaching for a polished answer.
04	Practice: complete one faithful action before the next session.
05	Conversation: carry the truth into an adult-led household or small group.
06	Service: let belief become useful while protecting dignity and privacy.

Adult and family boundary

Member accounts and community posting are for adults age 18 and older. Older teens participate with a parent or guardian. Children do not create accounts, enter the member community, or provide personal information. Adults lead and adapt every household activity.

Resource status

This founding pilot is a practical formation resource, not Christendom1's formal Doctrinal Alignment Statement. Read every Scripture reference in full and in context.

SESSION 01 | 35-50 MINUTES

Scripture as the Foundation

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

READ FIRST

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

Teaching focus

Christian formation begins with a settled source of authority. Scripture does more than supply inspiring language; it reveals God's character, exposes what is false in us, and trains us for faithful action.

The goal is not to collect verses that confirm what we already think. We come with humility, attend to context, and allow the whole witness of Scripture to confront both the culture around us and the habits within us.

Key truths

01	God is the author of truth; we receive truth before we attempt to apply it.
02	Scripture equips believers for faithful action, not passive information.
03	Clarity requires patient reading, honest context, and a teachable spirit.

SESSION 01 | WRESTLE

Do not rush to the polished answer.

Write what is true, where resistance appears, and what faithful obedience may require.

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?

SESSION 01 | CARRY IT

Let the truth become visible.

PRACTICE BEFORE THE NEXT SESSION

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

BRING IT HOME	SMALL GROUP
Ask: What voice gets the most attention in our home, and how can we make room to hear God's Word together?	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.

Service step

Encourage one person this week with a Scripture reference and a specific offer of practical help.

CLOSE IN PRAYER

God of truth, give us humble hearts, clear minds, and willing hands. Teach us to receive Your Word honestly and to do what it requires. Amen.

What I will carry forward

SESSION 02 | 35-50 MINUTES

Knowing Who You Are - and Whose You Are

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

READ FIRST

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

Teaching focus

Human dignity begins with God, not achievement, approval, usefulness, or self-invention. Every person bears His image. In Christ, believers also receive a calling: to belong to God and make His goodness visible.

A secure identity frees us to honor others without surrendering truth, repent without collapsing into shame, and serve without needing applause. Our deepest belonging is already settled.

Key truths

01	Every human life carries God-given dignity and must be treated accordingly.
02	Belonging to God comes before performance, status, or public approval.
03	Calling turns identity outward through good work, integrity, and service.

SESSION 02 | WRESTLE

Do not rush to the polished answer.

Write what is true, where resistance appears, and what faithful obedience may require.

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?

SESSION 02 | CARRY IT

Let the truth become visible.

PRACTICE BEFORE THE NEXT SESSION

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

BRING IT HOME	SMALL GROUP
Complete this sentence together: In this home, our worth is not earned by ____. We belong to God, so we will ____.	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.

Service step

Notice someone whose dignity is often overlooked. Learn their name, listen without rushing, and meet one concrete need if you can.

CLOSE IN PRAYER

Creator and Father, anchor our identity in You. Free us from false labels and form us into people who honor Your image in every neighbor. Amen.

What I will carry forward

SESSION 03 | 35-50 MINUTES

Prayer, Attention, and Spiritual Discipline

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

READ FIRST

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

Teaching focus

Prayer is not performance and discipline is not punishment. Prayer brings our whole life before God; discipline makes room for that relationship to become steady. In a distracted age, attention is part of faithfulness.

Jesus gives His followers a pattern shaped by worship, dependence, confession, forgiveness, and protection. A durable practice requires a place, a time, honesty, and a willingness to return.

Key truths

01	Prayer begins with God's character and kingdom, not only our immediate wants.
02	Small, repeated practices can train attention toward what is eternal.
03	Confession and forgiveness keep discipline from becoming pride.

SESSION 03 | WRESTLE

Do not rush to the polished answer.

Write what is true, where resistance appears, and what faithful obedience may require.

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?

SESSION 03 | CARRY IT

Let the truth become visible.

PRACTICE BEFORE THE NEXT SESSION

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.

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

Service step

Ask a neighbor, friend, or church member how you can pray for them. Write the request down and follow up before the week ends.

CLOSE IN PRAYER

Father, gather our scattered attention. Teach us to pray without display, listen without hurry, and remain watchful with gratitude. Amen.

What I will carry forward

SESSION 04 | 35-50 MINUTES

Obedience When It Carries a Cost

Faithfulness becomes visible when comfort is no longer in charge.

READ FIRST

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

Teaching focus

Christian obedience is a response to the love and authority of Christ. It is not a way to purchase God's favor. Yet grace gives us courage to follow when discipleship disrupts comfort, reputation, schedule, or control.

Costly obedience must remain joined to wisdom, humility, and love. Courage is not impulsiveness, and conviction is not permission for cruelty. We test motives, seek counsel, and practice ordinary faithfulness.

Key truths

01	Obedience flows from love for Christ, not fear-driven performance.
02	Conviction without humility can become self-righteousness.
03	Endurance is formed through repeated faithfulness under pressure.

SESSION 04 | WRESTLE

Do not rush to the polished answer.

Write what is true, where resistance appears, and what faithful obedience may require.

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?

SESSION 04 | CARRY IT

Let the truth become visible.

PRACTICE BEFORE THE NEXT SESSION

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.

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

Service step

Keep a commitment that has become inconvenient, especially one that benefits someone who cannot repay you.

CLOSE IN PRAYER

Lord Jesus, make us faithful when obedience is costly. Purify our motives, steady our courage, and keep our conviction joined to compassion. Amen.

What I will carry forward

SESSION 05 | 35-50 MINUTES

Discernment in a Loud and Confusing World

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

READ FIRST

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

Teaching focus

Discernment is the trained ability to recognize what is true, good, and faithful - and to respond accordingly. It requires more than suspicion. A discerning Christian tests claims, examines fruit, checks context, and welcomes correction.

Truth and love are not rivals. Christian maturity learns to speak clearly without contempt, listen without surrendering conviction, and distinguish a person's dignity from the strength of an idea.

Key truths

01	Not every urgent claim deserves immediate belief or response.
02	Renewed minds test ideas by Scripture, context, fruit, and wise counsel.
03	Clarity is not cruelty; truth can be spoken without contempt.

SESSION 05 | WRESTLE

Do not rush to the polished answer.

Write what is true, where resistance appears, and what faithful obedience may require.

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?

SESSION 05 | CARRY IT

Let the truth become visible.

PRACTICE BEFORE THE NEXT SESSION

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

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

Service step

Have one patient conversation with someone you usually reduce to a position. Ask a sincere question and listen before answering.

CLOSE IN PRAYER

God of wisdom, renew our minds. Guard us from fear, pride, and careless speech. Give us discernment that is clear, courageous, and full of love. Amen.

What I will carry forward

SESSION 06 | 35-50 MINUTES

Turning Belief Into Service

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

READ FIRST

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

Teaching focus

Christian service is not a side project for unusually gifted people. Faith becomes visible through mercy, justice, hospitality, generosity, and responsibility. We serve because Christ has served us.

Lasting work begins close enough to listen. We ask what is actually needed, respect the leadership and dignity of those affected, and make promises we can keep. The goal is to become faithfully useful.

Key truths

01	Living faith produces concrete love for neighbors.
02	Service should preserve dignity, listen well, and keep responsible boundaries.
03	Small acts of sustained faithfulness can establish light in a community.

SESSION 06 | WRESTLE

Do not rush to the polished answer.

Write what is true, where resistance appears, and what faithful obedience may require.

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?

SESSION 06 | CARRY IT

Let the truth become visible.

PRACTICE BEFORE THE NEXT SESSION

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

BRING IT HOME	SMALL GROUP
Choose one household service practice for the next four weeks. Let each person contribute in an age-appropriate, adult-guided way.	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.

Service step

Complete the first action from your service map. Start small, protect privacy, and make no promise you cannot keep.

CLOSE IN PRAYER

God of mercy, make our faith visible in faithful service. Teach us to listen, protect dignity, keep our word, and carry Your light into the places You have given us. Amen.

What I will carry forward

AFTER FOUNDATIONS

Choose the next place where formation must become practice.

01	My household: continue with the Household Rule of Life and Shield of Light family resources.
02	My discernment: continue with Truth & Discernment as the founding pilot opens.
03	My service: choose one responsible outreach lane and make a commitment you can keep.
04	My leadership: use the Host & Household Guide and join the founding host circle.

My next faithful step

We come not as heroes, but as God's children - answering His call together with truth, humility, courage, and care.