

EQUIPPING
BELIEVERS

BUILDING
DISCIPLES

TRANSFORMING
LIVES



FOUNDATIONS OF FAITH

BUILDING A STRONG LIFE IN CHRIST

A DISCIPLESHIP MANUAL FOR ALL BELIEVERS

WHAT YOU WILL LEARN



SALVATION

Living in the new life in Christ



ASSURANCE OF SALVATION

Standing confident in God's promises



REPENTANCE & FORGIVENESS

Walking in freedom and receiving God's forgiveness



GRACE VS WORKS

Understanding grace and living it out daily



THE LORDSHIP OF CHRIST

Surrendering every area of life to His rule and will



CHRIST

THE SOLID ROCK

UPON THIS ROCK
I WILL BUILD

MY LIFE
MATTHEW 7:24



"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

MATTHEW 28:19



ROOTED
IN GOD'S WORD



ESTABLISHED
IN TRUTH



GROWING
IN FAITH



TRANSFORMED
BY GRACE



LIVING FOR
HIS GLORY

GOD'S GRACE SANCTUARY

FOUNDATIONS OF FAITH

INTRODUCTION

Welcome to this Discipleship Study on **Foundations of Faith**.

This manual has been carefully prepared to help you understand the essential truths of the Christian life and to establish you on a firm spiritual foundation. Whether you are a new believer or someone seeking to grow deeper in your walk with God, this study will guide you step by step into a stronger and more stable faith.

Christianity is not just about attending church or knowing religious practices—it is about having a real relationship with God through Jesus Christ. That relationship must be built on truth, understanding, and daily obedience.

Purpose of This Study

This study is designed to help you:

- Understand what salvation truly means
- Develop confidence in your relationship with God
- Experience genuine repentance and freedom from sin
- Learn the difference between grace and works
- Fully surrender your life to the Lordship of Christ

By the end of this study, you should not only understand these truths but also begin to live them out practically in your daily life.

How to Use This Self-Study

To benefit fully from this study:

- **Pray before you begin** each lesson. Ask God to give you understanding.
- **Read all Scriptures carefully** and take time to reflect on them.
- **Study each lesson slowly**—do not rush through the material.
- **Answer the reflective questions honestly**, as they are meant to help you examine your heart.
- **Apply what you learn** in your daily life. Transformation happens through obedience.

It is recommended that you take **one lesson at a time**, allowing the truths to sink deeply into your heart.

What You Will Find in Each Lesson

Each lesson is structured to help you grow step by step and includes:

- Clear teaching from Scripture
- Simple explanations of key truths
- Practical illustrations to aid understanding
- Points to remember for reinforcement
- Reflective questions for personal application

At the end of the study, you will also find:

- A **final examination** to test your understanding
 - A **closing prayer** to help you commit your life fully to God
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Encouragement for the Journey

Spiritual growth is a process. Do not be discouraged if you do not understand everything immediately or if you struggle along the way. What matters is consistency, sincerity, and a willing heart.

God is committed to your growth even more than you are. As you take time to study and apply His Word, you will begin to see real transformation in your life.

Final Encouragement

Approach this study with:

- A humble heart
- A teachable spirit
- A desire to obey God

Remember, the goal is not just to gain knowledge—but to become a true disciple of Jesus Christ.

“Go therefore and make disciples...” – Matthew 28:19

Prologue

Every strong building begins with a solid foundation. In the same way, every believer must be grounded in the basic truths of the Christian faith. Without a strong foundation, a believer can easily be shaken by doubt, temptation, or false teaching.

This lesson will help you understand the core truths of your faith so that you can stand firm, grow spiritually, and live a victorious Christian life.

LESSON 1: SALVATION – BEING BORN AGAIN

Key Scriptures

- *John 3:3 Jesus answered and said to him, “Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.”*
- *2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.*
- *Romans 10:9-10 that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.*

Explanation

Salvation is the supernatural work of God where a sinner is:

- Forgiven of sin
- Declared righteous
- Given a new spiritual nature
- Reconciled back to God

Being “born again” is not:

- Joining a church
- Being baptized alone
- Doing good works

It is a spiritual rebirth. Just as physical birth brings you into the world, spiritual birth brings you into the Kingdom of God.

At salvation:

- Your **past is forgiven**
- Your **present is transformed**
- Your **future is secured in Christ**

Illustration

A dead battery cannot power anything until it is replaced or recharged. In the same way, the human spirit is dead in sin until God gives it new life.

Points to Remember

- Salvation is entirely God's work
- It is received by faith, not effort
- It results in a new identity in Christ
- You are no longer condemned (Romans 8:1)
- Salvation is the beginning, not the end, of your journey

Reflective Questions

1. What evidence do I see that my life has changed since I believed?
2. Do I understand salvation as transformation or just forgiveness?
3. In what ways is my new life in Christ visible to others?
4. What old habits or mind-sets still need to change?

LESSON 2: ASSURANCE OF SALVATION

Key Scriptures

- *1 John 5:13 These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue.*
- *Romans 8:16 The Spirit Himself bears witness with our spirit that we are children of God,*
- *John 10:28 And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.*

Explanation

Assurance means having **confidence** that you belong to God and have eternal life.

This assurance is built on three pillars:

1. **God's Promise (The Word of God)**
 - God cannot lie
 - If He says you are saved, you are saved
2. **The Work of Christ**
 - Jesus paid the full price
 - Nothing needs to be added
3. **The Evidence of Change**
 - New desires
 - Conviction of sin
 - Growth in righteousness

Important Truth

Feelings are unreliable. Some days you may *feel* saved, other days not—but salvation is based on truth, not emotion.

Illustration

A title deed proves ownership of land. Whether you feel like the owner or not, the document stands. God's Word is your title deed of salvation.

Points to Remember

- Assurance is rooted in Scripture, not emotions
- Doubt often comes from lack of understanding or spiritual attack
- Growth in Christ strengthens assurance
- The Holy Spirit confirms your identity as God's child

Reflective Questions

1. What causes me to doubt my salvation, if at all?
2. Which scriptures can I hold onto when I feel uncertain?
3. Do I see spiritual growth in my life?
4. How can I strengthen my confidence in God's promises?

LESSON 3: REPENTANCE AND FORGIVENESS

Key Scriptures

- *Acts 3:19 Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,*
- *1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*
- *Isaiah 1:18 Come now, and let us reason together,” Says the LORD, “Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool.*

Explanation

Repentance is not merely saying “sorry.” It is:

- A change of mind about sin
- A change of heart toward God
- A change of direction in life

True repentance involves:

- Conviction (recognizing sin)
- Confession (admitting sin)
- Turning away (abandoning sin)

Forgiveness means:

- Your sins are completely removed
- Your record is wiped clean
- Your relationship with God is restored

Illustration

If someone is walking toward a cliff, warning them is not enough—they must turn around. That turning is repentance.

Points to Remember

- Repentance is ongoing, not one-time
- God’s forgiveness is complete and immediate
- Guilt is removed when sin is confessed
- You cannot hold onto sin and grow spiritually

Reflective Questions

1. Is there any sin I am excusing instead of repenting from?
 2. Do I quickly respond to conviction from the Holy Spirit?
 3. Do I truly accept God's forgiveness, or do I hold onto guilt?
 4. What practical steps can I take to avoid repeating past sins?
-

LESSON 4: GRACE VS WORKS

Key Scriptures

- *Ephesians 2:8-9* For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, 9 not of works, lest anyone should boast.
- *Romans 3:28* Therefore we conclude that a man is justified by faith without the deeds of the law.
- *Titus 3:5* not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit

Explanation

Grace is God giving us what we do not deserve. Salvation is entirely based on grace.

Works are:

- Good deeds
- Religious actions
- Moral efforts

The danger is thinking:

“I must do good to be accepted by God.”

The truth is:

“You are accepted by God, therefore you do good.”

Balance

- Works do not produce salvation
- But salvation produces works

Illustration

A tree does not struggle to produce fruit—it produces fruit because it is alive. Good works are the fruit of a saved life.

Points to Remember

- Grace removes pride and self-effort
- You cannot earn salvation
- Good works are evidence of genuine faith
- Legalism weakens spiritual growth

Reflective Questions

1. Do I sometimes feel I must “earn” God’s love?
 2. How does understanding grace change my relationship with God?
 3. Are my good works motivated by love or obligation?
 4. How can I grow in living by grace daily?
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LESSON 5: THE LORDSHIP OF CHRIST

Key Scriptures

- *Luke 9:23 Then He said to them all, “If anyone desires to come after Me, let him deny himself, and take up his cross daily,*
- *Romans 12:1 “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”*
- *Philippians 2:9-11 Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.*

Explanation

Accepting Jesus as Saviour without surrendering to Him as Lord leads to a shallow Christian life.

Lordship means:

- Total surrender
- Daily obedience
- Yielding control of your life

Areas Christ must be Lord over:

- Your decisions
- Your relationships
- Your time
- Your resources
- Your future

Illustration

A kingdom cannot have two kings. Either Christ rules your life, or you do.

Points to Remember

- Lordship is a daily commitment
- Partial surrender leads to spiritual struggle
- Obedience is proof of true faith
- Following Christ requires sacrifice

Reflective Questions

1. What areas of my life are not fully surrendered to Christ?
2. What does daily surrender look like for me practically?
3. Am I obeying God even when it is difficult?
4. What step of obedience is God calling me to take now?

CONCLUSION

A strong believer is built on truth, not emotion.

These five foundations must be firmly established:

- You are **born again** through Christ
- You can have **assurance of salvation**
- You must live a life of **repentance**
- You are saved by **grace, not works**
- Jesus Christ is **Lord of your life**

When these are understood and lived out:

- Your faith becomes stable
- Your growth becomes consistent
- Your life becomes fruitful
- Your witness becomes powerful

FINAL PRAYER

Heavenly Father,

I come before You with a grateful heart. Thank You for the gift of salvation through Jesus Christ. Thank You for loving me, calling me, and giving me new life.

Lord, I acknowledge that I am saved by Your grace and not by my works. Help me to fully understand and walk in this truth every day. Strengthen my faith so that I may stand firm, even when my feelings change or when challenges arise.

Father, I choose to turn away from sin. Search my heart and reveal anything that is not pleasing to You. Give me the strength to repent genuinely and to walk in righteousness. Thank You for Your forgiveness—that You have washed me clean and made me new.

Jesus, I declare You not only as my Savior but also as my Lord. I surrender my life to You—my thoughts, my choices, my plans, and my future. Teach me to obey You daily and to follow You faithfully.

Holy Spirit, guide me into truth. Help me grow in understanding, in obedience, and in love for God. Produce in me a life that reflects Christ.

Lord, establish these foundations deeply in my heart:

- That I am born again
- That I belong to You
- That I am forgiven
- That I am saved by grace
- That Jesus is Lord over my life

Help me to grow strong in my faith and become a true disciple who lives for Your glory.

From today, I choose to walk with You, trust You, and follow You all the days of my life.

In Jesus' name,

Amen

PROPHETIC DECLARATION

In the name of Jesus Christ,

I declare that my life is firmly established on the foundation of God's Word. I am rooted in Christ, grounded in truth, and strengthened by the Holy Spirit.

I declare that:

- I am born again and made new in Christ
- My sins are forgiven and I walk in freedom
- I am saved by grace through faith
- I belong to God and nothing shall separate me from His love
- Jesus Christ is Lord over every area of my life

I declare that doubt, fear, confusion, and spiritual weakness have no power over me. My faith shall grow stronger daily. I will not be shaken by trials, temptations, or false teachings because my foundation is built upon Christ the Solid Rock.

I declare that:

- My mind is renewed by the Word of God
- My heart is sensitive to the voice of the Holy Spirit
- My life will bear the fruit of righteousness
- I will walk in obedience, holiness, and spiritual maturity

From today:

- I shall grow deeper in prayer
- I shall hunger for God's Word
- I shall become a faithful disciple of Jesus Christ
- I shall impact others with the Gospel and the love of God

I declare that my spiritual life will not remain weak or stagnant. I will grow in wisdom, understanding, faith, and grace. The Lord shall establish me, strengthen me, and use me for His glory.

I am victorious in Christ.

I am established in truth.

I am growing in faith.

I am living for God's glory.

In Jesus' mighty name,
Amen.

FINAL EXAM – MULTIPLE CHOICE (50 QUESTIONS)

Instructions: Choose the correct answer.

SALVATION – BORN AGAIN (1–10)

1. What does it mean to be born again?
 - A. Changing religion
 - B. Receiving new spiritual life
 - C. Joining a church
 - D. Doing good works
2. Who makes a person born again?
 - A. Pastor
 - B. Church
 - C. God
 - D. Family
3. According to John 3:3, without being born again you cannot:
 - A. Pray
 - B. Prosper
 - C. See the Kingdom of God
 - D. Go to churchSalvation is:
 - A. Earned
 - B. A gift from God
 - C. Bought
 - D. InheritedSalvation comes through:
 - A. Good works
 - B. Faith in Jesus Christ
 - C. Church attendance
 - D. Giving offeringsWhat happens at salvation?
 - A. Behavior improves slightly
 - B. A person becomes perfect instantly
 - C. A new life begins
 - D. Nothing changes
4. Which scripture says “If anyone is in Christ, he is a new creation”?
 - A. John 3:3
 - B. Romans 10:9
 - C. 2 Corinthians 5:17
 - D. Ephesians 2:8
5. Salvation affects:
 - A. Outward appearance only
 - B. The heart and spirit
 - C. Clothing style
 - D. Social status

6. The new birth is:
A. Physical B. Emotional
C. Spiritual D. Cultural
7. Salvation is the beginning of:
A. Religion
B. A new life in Christ
C. Church membership
D. Rules and laws
-

ASSURANCE OF SALVATION (11–20)

11. Assurance of salvation means:
A. Guessing you are saved
B. Hoping you are saved
C. Knowing you are saved
D. Feeling saved sometimes
12. Assurance is based on:
A. Feelings
B. God's Word
C. Opinions
D. Circumstances
13. 1 John 5:13 teaches that we can:
A. Doubt salvation
B. Know we have eternal life
C. Earn salvation
D. Lose salvation daily
14. Who confirms that we are children of God?
A. Pastor B. Friends C. Holy Spirit D. Church
15. Feelings are:
A. Always reliable
B. More important than truth
C. Unstable
D. Equal to Scripture
16. What strengthens assurance?
A. Ignoring the Bible B. Growth in Christ
C. Isolation D. Fear
17. Jesus said no one can:
A. Follow Him

- B. Snatch believers from His hand
 - C. Read the Bible
 - D. Pray
18. Doubt often comes from:
- A. Strong faith
 - B. Understanding
 - C. Lack of knowledge
 - D. Obedience
19. Eternal life begins:
- A. After death
 - B. At salvation
 - C. In heaven only
 - D. After baptism
20. God's promises are:
- A. Uncertain
 - B. Temporary
 - C. Unchanging
 - D. Optional

REPENTANCE & FORGIVENESS (21–30)

21. Repentance means:
- A. Feeling guilty
 - B. Turning away from sin
 - C. Ignoring sin
 - D. Hiding sin
22. True repentance involves:
- A. Words only
 - B. Actions only
 - C. Heart and action
 - D. Emotions only
23. Acts 3:19 says we should:
- A. Pray only
 - B. Repent and be converted
 - C. Fast only
 - D. Give offerings
24. Forgiveness means:
- A. Partial cleansing
 - B. Delayed judgment
 - C. Complete removal of sin
 - D. Ignoring sin
25. When God forgives, He:
- A. Remembers forever
 - B. Punishes later
 - C. Removes sin completely
 - D. Ignores partially
26. Repentance is:
- A. One-time only
 - B. Occasional
 - C. A lifestyle
 - D. Unnecessary

27. What follows true repentance?
A. No change B. Visible transformation
C. More sin D. Confusion
28. Confession means:
A. Denying sin B. Admitting sin
C. Hiding sin D. Justifying sin
29. Sin affects:
A. Nothing
B. Only others
C. Relationship with God
D. Finances
30. God's forgiveness is:
A. Earned B. Limited
C. Free in Christ D. Temporary
-

GRACE VS WORKS (31–40)

31. Grace means:
A. Payment
B. Reward
C. Unearned favor
D. Effort
32. Ephesians 2:8-9 teaches that salvation is:
A. By works B. By grace through faith
C. By law D. By effort
33. Works are:
A. The cause of salvation
B. The evidence of salvation
C. Equal to grace
D. Greater than grace
34. Can good works save you?
A. Yes B. Sometimes C. No D. Only in church
35. Why can't works save us?
A. They are bad
B. They are incomplete
C. Salvation is God's work
D. They are unnecessary
36. Titus 3:5 says we are saved by:
A. Works B. Mercy C. Law D. Effort
37. A saved person does good works because:
A. They must earn salvation

- B. They are forced
 - C. They are saved
 - D. They fear punishment
38. Legalism is:
- A. Trusting grace
 - B. Trusting works
 - C. Trusting Christ
 - D. Trusting God
39. Grace produces:
- A. Pride
 - B. Laziness
 - C. Gratitude and obedience
 - D. Fear
40. Good works are like:
- A. Roots
 - B. Seeds
 - C. Fruit
 - D. Soil
-

LORDSHIP OF CHRIST (41–50)

41. Lordship means:
- A. Partial control
 - B. Full surrender to Christ
 - C. Occasional obedience
 - D. Religious activity
42. Jesus must be:
- A. Savior only
 - B. Lord only
 - C. Savior and Lord
 - D. Teacher only
43. Luke 9:23 teaches us to:
- A. Follow ourselves
 - B. Deny ourselves
 - C. Ignore God
 - D. Live freely
44. Following Christ requires:
- A. Comfort only
 - B. Sacrifice
 - C. Wealth
 - D. Fame
45. Obedience is:
- A. Optional

- B. A sign of true faith
 - C. Unnecessary
 - D. Old-fashioned
46. Jesus should be Lord over:
- A. Church life only
 - B. Some areas
 - C. Every area
 - D. Spiritual life only
47. A divided life leads to:
- A. Growth
 - B. Peace
 - C. Struggle
 - D. Joy
48. Surrender means:
- A. Weakness
 - B. Giving control to Christ
 - C. Fear
 - D. Loss
49. A true disciple:
- A. Chooses when to obey
 - B. Follows Christ fully
 - C. Lives independently
 - D. Ignores Scripture
50. The goal of discipleship is to:
- A. Gain knowledge only
 - B. Follow Christ fully
 - C. Impress others
 - D. Join church
-

FINAL EXAM – SHORT ANSWER (15 QUESTIONS)

Instructions: Answer each question clearly and briefly.

1. What does it mean to be “born again”?

2. How does a person receive salvation according to the Bible?

3. Give one Bible verse that supports the new birth.

4. What is assurance of salvation?

5. On what foundation should a believer base their assurance of salvation?

6. Mention one sign that shows a person is truly saved.

7. Define repentance in your own words.

8. What is the difference between repentance and simply feeling sorry?

9. What happens when God forgives a person's sins?

10. What is grace?

11. Why can't good works save a person?

12. What is the role of good works in the life of a believer?

13. What does it mean to say "Jesus is Lord"?

14. Mention one area of life that must be surrendered to

Christ. _____

15. What is one practical step you can take to grow in your faith daily? _____

END

