**Foundations** **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Week 1: Jesus and a Side of Fruit**

**Salvation & Spiritual Disciplines**

Where can you go if you miss a class and need to access content?

 **familyatpathway.com**

Salvation can be broken down into two categories:

1. **sanctification**
2. **justification**

**JUSTIFICATION**

Justification before God is: the unearned, **gracious** action of Jesus Christ on **my** behalf declaring me to be in **right** standing before God [Zechariah 3:1-5]

Justification is a **gift** God gives to those who **believe**

Romans 5:8-9 says, “**8**But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. **9**Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through him!”

**SANCTIFICATION**

Sanctification is another word for **holiness.**

1 Peter 1:16 says “Be holy, because I am holy.”

Leviticus 11:45 says “I am the Lord who brought you up out of Egypt to be your God; therefore, be holy, because I am holy.”

What are some ways that you can be holy?

Sanctification is the process of seeing your life **slowly** change so that over the course of the years God gives you, you look more and more like **Jesus**.

Romans 6:22- *Romans 6:22 “But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life.”*

Before we had a relationship with God we couldn’t **not sin**. Now that we are saved, we can **choose** to not sin!

Sanctification is **using** that gift.

How do we grow in holiness?

Spiritual disciplines do not **save** us.

God gives us spiritual disciplines to help us **learn** about him and **love** him more.

**Spiritual Disciplines**

**PRAYER**

Prayer **changes** things.

Prayer is NOT about **you** and getting the things **you** want from God.

Prayer IS about **connecting** with your Heavenly Father

Luke 11:1 – Prayer is something to be **learned**

Luke 11:2 – Prayer is something **expected** of every disciple

**BIBLE READING**

John 17:17- “Sanctify them by the truth; your word is truth.”

We can grow in holiness by reading the **Bible.**

The Bible tells the story of **who** God is and how he **loves** his people.

What does it look like to read the Bible?

1. **Read daily!**
2. **Find a time to read that works for you!**
3. You should read **repetitively** and read to **understand.**
4. As you read a passage, have a notebook on hand and answer these questions:
	1. What does this passage say?
	2. What do I learn about God from this passage?
	3. What do I need to do with what I learned?

**PRAYER & BIBLE READING: PRAY**

**P**: we **PAUSE** before reading.

**R**: we **READ** the Scriptures.

**A**: we turn to **ASK,** or pray.

**Y**: we **YIELD** to God’s Word and God’s Will.

**FAQs about Salvation**

How do I trust Jesus Christ as my Lord and Savior?

Romans 10:9-10; Acts 16:31; John 1:12

Now that I believe in Jesus, how do I grow in my faith?

 Matthew 7:24; Galatians 5:22; James 1:22

Can I lose my salvation?

John 10:28; 2 Cor 1:21-22

Homework use the pray model to go through Acts 16:25-34.