



Strong Foundations

A short guide for believers who want to build their faith on solid ground.

A word before you begin

When I met Jesus in 1983, I did not understand everything at once. Over the years I have walked with many believers who love God sincerely, yet feel that their faith never quite took off. They pray, they go to church, but something seems to be missing.

Often the reason is simple: a few of the first stones were never laid. It is nobody's fault. Many of us began in a hurry: at a camp, in a crisis, or with a short prayer beside a friend. God heard that prayer. But sometimes no one had the time to walk with us through the rest.

The good news is that it is never too late. God finishes what He starts (Philippians 1:6). This short guide looks at five foundations the Bible describes at the beginning of the Christian life. Read it slowly, with your Bible open, and let God show you where to build next.

Dr. Fanny Basta, 7,000 Knees

How to use this guide

- 1 Read one foundation a day, in a quiet place, with your Bible and a notebook.
- 2 Look up the verses and read them in context.
- 3 Answer the “Ask yourself” question honestly. There are no wrong answers between you and God.
- 4 Take the next step. Small steps of obedience bring big changes.

The beginning, as the Bible describes it

On the day the Church was born, the crowd listening to Peter asked a simple question: “What shall we do?” His answer gives us a clear picture of a healthy start with God:

Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.”

ACTS 2:38

Hebrews 6:1–2 lists the same foundations and adds two more: the resurrection of the dead and eternal judgment. Together, they give us five foundations to look at.

1 Turning to God

Repentance

Repentance is more than feeling sorry. It is a change of mind that leads to a change of direction: turning away from a life run by ourselves, and turning toward God. We keep turning to Him every day, but there is also a real moment when we say, “Lord, my life is Yours now.”

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

ACTS 3:19

ASK YOURSELF

Has there been a time when I really turned from my old way of living to God? Is there anything I am still holding on to?

A NEXT STEP

Make a quiet list before God of what you want to leave behind. Confess it, thank Him for His forgiveness (1 John 1:9), and, where needed, make things right with someone.

2

Trusting Jesus

Faith

Faith is resting your whole weight on Jesus: on who He is and on what He did for you on the cross. Many sincere believers still try to earn God's love by being good enough. Faith says: "Jesus has done it. I receive it."

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.

EPHESIANS 2:8-9

ASK YOURSELF

Am I sure that I belong to God because of what Jesus did, and not because of how well I am doing?

A NEXT STEP

Read 1 John 5:11-13 and write it in your own words. Then thank God out loud that you have eternal life in His Son.

3

Baptism

A new beginning, marked in public

Baptism is the first step of obedience Jesus asked of every believer (Matthew 28:19). It is an outward sign of an inward change: we are buried with Christ and raised to a new life. Baptism does not save us; Jesus does. But it is a gift God gives to mark the beginning, and many believers find new freedom after they are baptized.

We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

ROMANS 6:4

ASK YOURSELF

Have I been baptized since I put my trust in Jesus? If not, what is holding me back?

A NEXT STEP

Talk with a pastor about baptism. If you don't have a church yet, write to us and we'll help you find one near you.

4

Filled with the Holy Spirit

God's presence and power in you

Jesus never meant for us to live the Christian life in our own strength. He promised the Holy Spirit: God Himself living in us, to comfort, guide, change and empower us. The first believers did not only know about the Spirit; they received Him and experienced His presence (Acts 8:14–17; 19:1–6). And Paul encourages every believer to keep being filled (Ephesians 5:18).

If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!

LUKE 11:13

ASK YOURSELF

Have I asked God to fill me with His Spirit? Do I see His fruit and His power growing in my life (Galatians 5:22–23)?

A NEXT STEP

Find a quiet moment and ask your Father, simply and with faith, to fill you with His Holy Spirit. Then thank Him. If you like, ask a mature believer or your pastor to pray with you.

5

Living with eternity in view

The resurrection and eternal judgment

Our life does not end at death. Jesus rose from the dead, and one day all who belong to Him will rise too. Each of us will also give an account of our life to God. For the believer, this is not a reason for fear, but for hope and purpose: it gives weight and meaning to what we do today.

Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die.”

JOHN 11:25

ASK YOURSELF

Do I know what happens after death? Does the hope of eternal life give me peace, and change the way I live now?

A NEXT STEP

Read 1 Corinthians 15:50–58 and 2 Corinthians 5:1–10. Write down one thing you want to live differently because eternity is real.

If you found a gap

Please don't be discouraged. God shows us what is missing because He wants to give it to us. Choose the one foundation where you feel most unsure, and start there.

You don't have to do this alone. A real person reads every message we receive.

Father, thank You that You finish what You begin. Show me any foundation that is missing in my life, and help me build on it with joy. I want to turn fully to You, trust Jesus completely, follow Him in baptism, be filled with Your Holy Spirit, and live with eternity in view. In Jesus' name, amen.

A PRAYER YOU CAN PRAY

Your next steps

The free course “On the Way”

Four weeks, at your own pace, through these foundations. Join the waiting list at 7000knees.org/foundations

A free online group

Walk through the course with others. Join the waiting list on the same page.

Talk to a real person

A mentor, help with baptism, finding a church, or a free Bible: write to contact@7000knees.org

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