



# FOUNDATIONS

**GOD'S FAMILY PURSUING GOD'S KINGDOM**



**THOUSAND HILLS  
INTERNATIONAL CHURCH**



**CELEBRATION  
CHURCH** | *FAMILY*

## **Study Guide English**

# FOUNDATIONS SCHEDULE

## Pre-work

Participants should set aside one hour of time during the week to watch all four Foundations Videos and complete this packet. Then, simply bring your completed packet to the Foundations Workshop at your Location. The four videos are foundational teachings from Pastor Sebastiaan van Wessem.

## Link

This is the link to the four videos:

<http://www.thousandhills.nl/foundations/>

## Workshop

The Foundations Workshop is where you will complete the program. Think of it as a way to jumpstart your spiritual growth and that of your family. The Workshop is available at all Thousand Hills locations, usually on the first Sunday of the month. Check with your location for specific dates. In this 30-minute session, you will learn how to access and utilize all the resources available to you, meet a few new friends, and leave signed up for your perfect next step!

## Questions?

**In person:** Connect with the Foundations Team at your location after any service, either in the Foundations classroom or at the Welcome Centre.

**Electronically:** by emailing [foundations@thousandhills.nl](mailto:foundations@thousandhills.nl).









## Appendix 1: Having a daily time with God

For generations, Christians have built their faith by spending daily time with God, reading the bible and in prayer. We can find hope, guidance and encouragement in the Bible for every season of life.

### Reading the Bible

*"There's nothing like the written Word of God for showing you the way to salvation through faith in Christ Jesus. Every part of Scripture is God-breathed and useful in one way or another - showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. Through the Word we are put together and shaped for the tasks God has for us." (2 Timothy 3:16-17 MSG)*

### Bible Reading Plans:

There are many Bible Reading Plan options available on YouVersion. Pastor Sebastiaan has a Bible reading plan that re-starts every three months with a new part of the Bible. Every day you read one chapter and get the opportunity to share what God has spoken to you with many others, as you learn from them as well.

### Approach to reading the Bible:

A simple way to get the most out of your Bible reading is journaling. Journaling is another spiritual discipline that can position you to hear from God. We recommend the journaling exercise called the "S.O.A.P." method as a starting point. SOAP is an acronym for Scripture, Observation, Application, and Prayer.

- **Scripture:** Take time to read and allow God to speak to you. Highlight, underline or mark in the margin of your Bible next to verses that stand out. When you are done reading the entire passage, reread the verses you marked, choose one that speaks to you that day.
- **Observation:** What do you think God is saying to you in this verse? Ask God to teach you and reveal Himself to you as you read. Paraphrase this scripture in your own words and write it down.
- **Application:** Ask yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a specific area of your life. Write down how this scripture can apply to you today.
- **Prayer:** Bring your time to a close with prayer. This can be as simple as asking God to help you use this scripture or asking for greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say!

So establish this simple, powerful discipline in your life today! You will begin to see the benefits immediately as the Holy Spirit brings the Word of God to life in your heart.