

### Introduction

Welcome to Foundations! Foundations is Cokesbury's Next Step for adults to help explore what we believe as Christians and why, and to encourage us on our faith journey. Foundations are 15 videos presented by our pastors discussing topics such as: The Trinity, Sin, Grace, Faith, Prayer, Sacraments, World Religions, The Bible, United Methodism, Core Values, Outreach, and How We Can Share Our Story. We hope Foundations will help you build on the beliefs you have and help you apply new insights as you draw closer to Jesus.

At Cokesbury we talk a lot about Next Steps because we believe that there are many ways people can come to know Jesus and grow closer in their relationship with him. The Cokesbury Staff is here to help you learn more about those steps and how you can take them.

If you have not accepted Jesus as your Lord and Savior and are watching these videos to learn more about having a relationship with Jesus, that is great too! Please know that the Cokesbury staff and Prayer Team are available to talk with you about what it means to accept Jesus as your Lord. We'd love to talk with you about taking that step. Please contact a Cokesbury Staff member at [cokesbury@cokesbury.tv](mailto:cokesbury@cokesbury.tv)

Here are a few questions we would like for you to reflect upon before you begin Foundations. It is important to note that there are not any right or wrong answers, as this is your history. It is important to acknowledge our history as it is the foundation you have been exposed to which molds us into the people we are today. Some of these questions may or may not be applicable.

- When you were a child, did you know about Jesus? If so, who talked to you about Jesus?
- When you got out on your own, did you have a personal relationship with Jesus? If so, what was it like?
- When did you come to **know** Jesus for the first time, not just know *about* him?
- Who influenced your relationship with Jesus?
- If you are married, have you and your spouse talked about your spiritual upbringing? If you have children, have you and your spouse discussed how you will raise your children?

We hope you enjoy these videos and discussion questions and that they will help you to better understand what it means to have a relationship with Jesus. If you have any questions at all, or would like to share with us how Foundations has helped you draw closer to Jesus, please contact us at [cokesbury@cokesbury.tv](mailto:cokesbury@cokesbury.tv).