



# What Do We Believe?

## Lesson 1

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## Lesson 1: We Believe

### Scriptures:

Matthew 7:24-27, Psalm 18:1-2, Hebrews 13:8, Psalm 112:1, Ephesians 2: 19-22, 1 John 4:1-6, II Timothy 1:12, Romans 16:25-27

### Lesson Goals:

To introduce the study of Christian doctrine.  
To help learners see that there is a foundation for Christian faith  
To encourage learners to base their life on God's foundation

### Scripture Memory:

**“Blessed is the man who does not walk in the counsel of the wicked, or stand in the way of sinners or sit in the seat of mockers. But His delight is in the law of the Lord, and on His law he meditates day and night. (Psalm 1:1-2 NIV)**

### The Lesson:

Think of a building...maybe a house, an apartment building or a tall bank building. Think of how the building got started. People who build buildings know that where the building is placed is very important. It must be on solid, level ground. If the foundation is in a good place, the building will be strong and will probably last a lot longer. The very best ground on which to build is not ground at all, but solid rock.

You want the building you live in, whether it is a house, an apartment building, or a condominium, to have its foundation on solid ground so that it will not fall down on you.

It is the same in a Christian life. There must be something solid and strong on which to build. If the foundation is weak, the Christian will not be strong, and can be hurt by bad things that happen. Jesus talked about this in His Sermon on the Mount. He said, “These words I speak to you are not incidental additions to your life, homeowner improvements to your standard of living. They are foundational words, words to build a life on. If you work these words into your life, you are like a smart carpenter who built his house on solid rock. Rains poured down, the river flooded, a tornado hit – but nothing moved that house. It was fixed to the rock. But if you just use my words in Bible studies and don’t work them into your life, you are like a stupid carpenter who built his house on the sand, and the floods came and the winds blew and slammed against that house; and it fell – and great was its fall.” (Matthew 7:24-27, MESSAGE) The Bible also quotes the Psalmist saying, “I love you, God – you make me strong. God is the bedrock under my feet...” (Psalm 18:1-2a, MESSAGE)

Jesus wants us to build our Christian life on something solid. He wants us to know the truth, His words, and base our growth as Christians on that solid rock. There is an old hymn that says, “On Christ the solid rock I stand, all other ground is sinking sand...” Those things that make up the solid ground, or rock, on which we base our Christian lives, are called beliefs or doctrines.

There is another way to think about the Christian life. Think about a beautiful big tree. That tree began sometime, and it began in soil that helped it grow. It was important that it be in the right kind of soil. It had to sink its roots into the soil so that it could find nourishment, water and stability. Have you ever seen a tree that got sick? Sometimes trees that are not in the right kind of soil get diseases and don’t grow well, and some even die. Have you ever seen a tree that the wind blew down? Sometimes the wind easily blows a tree down because its roots have not gone deep into the ground and anchored the tree securely. The Bible, talking about a man who trusts in God, says in the first Psalm, “...his delight is in the law of the Lord, And on His law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season, and whose leaf does not wither...” (Psalm 1:2-3 NIV)

When the Christian sends roots of Bible study and prayer down into God’s truth, there will be nourishment, water and anchor. The Christian will not be weak and open to attack by evil. It is very important for a Christian to read the Bible regularly, study it, talk about it with other Christians and know the basics of Christian living. The Christian life is a living faith. This means that when we believe in Jesus as our personal Savior, we begin a new life and begin to grow. That is what living things do...they grow. And, growing in Christ means that we continue to learn

things about God the Father, Jesus His son, His Holy Spirit and other basic things.

No one could write a statement of beliefs, or doctrines, which would represent the opinions of all Christians. This series of lessons is a report of what many Christians accept as basic beliefs and will provide the author's personal interpretation of the Scriptural basis of these beliefs. The intent is to get the learner to think seriously about his or her beliefs and, studying the Bible references, come to a personal understanding and acceptance of the beliefs.

The beliefs of every Christian should be interpreted by the life and teachings of Jesus. He never changes, so our foundation will never be moved. He is, the Bible says, "the same yesterday and today and forever." Hebrews 13:8 (NIV) He is the rock of our salvation.

The study of beliefs, or doctrine, is a life-long journey. Very smart people have found that they can never learn it all. It is a good journey, because Jesus is with us all along the way. So, let's get started. Next week we will talk about the Bible, God's word. This is the textbook for our study.

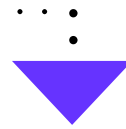
### Life Application:

The beliefs we are talking about in these lessons are the beliefs of those who have chosen to follow Jesus Christ. They have put Him in control of their lives. Jesus describes the person who believes as one who listens to His words, the Bible, puts them into practice, and works them into his life. This person is compared to a smart carpenter. He builds his house on a good foundation.

Have you believed that God sent Jesus for you? Have you built your life on Him, putting into practice what you have learned? If you have, you have begun well. Be sure to be like the healthy tree by studying the Bible and praying. If you have not, you don't have to be like the foolish carpenter. Today you can choose the good and steady foundation of a life built on Jesus Christ. He is the same yesterday, today and forever. You can trust Him. Will you do that today? Let's talk about it.



**Planning for Lesson 2**  
**The Bible:**  
**God's Inspired Word**



- ◆ **Memory Verse Activity** - Practice the memory verse by adding motions. Allow your students to make up the motions (walking, standing, sitting) that will help them remember the verse.
- ◆ Play a game like Jenga. Pull blocks primarily from the bottom to bring home the point of needing a good foundation.
- ◆ Bring building blocks; wooden, plastic, or cardboard. Encourage your students to play. As they are building things, talk to them about the foundation of what they are making and how well it will stand.
- ◆ Bring pictures of houses built on rock and those on the beach. Also bring pictures of trees; healthy ones and sick ones.
- ◆ Create a model to illustrate the difference between a sure foundation and a poor one. Prepare two tubs, one with sand, the other with rocks. Place equally heavy objects on each. Pour sand over the two to illustrate which is the more stable.
- ◆ Sing the chorus of “Solid Rock.”
- ◆ Dig Deeper: Just as a tree has roots, believers in Christ (Christians) have roots, too. What are they?



**Blessed is the man  
who does not walk  
in the counsel of the  
wicked,  
or stand  
in the way of sinners  
or sit  
in the seat of mock-  
ers.**

**But His delight  
is in the law of the  
Lord,  
and on His law  
he meditates day and  
night.**

**Psalm 1:1-2**

**Blessed is the man who does NOT . . .**

**\_\_\_\_\_ in the counsel of the wicked,**

**or \_\_\_\_\_ in the way of sinners,**

**or \_\_\_\_\_ in the seat of mockers.**

**But His \_\_\_\_\_ is in the law of the Lord,**

**and on His law he \_\_\_\_\_ day and night.**

**Psalm 1:1-2**

# Word Search



G	R	O	R	T	S	J	D	G	R	O	W
O	F	R	D	Y	V	Z	B	R	O	T	A
K	C	O	R	O	C	T	I	Y	K	U	D
R	P	T	U	D	Y	I	B	G	C	O	L
S	T	R	O	N	G	R	L	C	O	A	P
T	R	P	A	D	D	T	E	A	R	T	R
R	A	R	M	Y	T	A	S	P	D	U	D
I	M	H	A	W	E	O	T	W	I	R	G
D	S	T	T	R	U	R	U	I	L	D	L
C	A	T	R	U	H	T	D	O	O	O	O
G	R	W	O	U	R	F	Y	M	S	N	W
C	A	R	P	E	N	T	E	R	T	W	O

**foundation**

**solid rock**

**strong**

**carpenter**

**smart**

**truth**

**Bible Study**

**prayer**

**grow**

# Word Search



G	R	O	R	T	S	J	D	G	R	O	W
O	F	R	D	Y	V	Z	B	R	O	T	A
K	C	O	R	O	C	T	I	Y	K	U	D
R	P	T	U	D	Y	I	B	G	C	O	L
S	T	R	O	N	G	R	L	C	O	A	P
T	R	P	A	D	D	T	E	A	R	T	R
R	A	R	M	Y	T	A	S	P	D	U	D
I	M	H	A	W	E	O	T	W	I	R	G
D	S	T	T	R	U	R	U	I	L	D	L
C	A	T	R	U	H	T	D	O	O	O	O
G	R	W	O	U	R	F	Y	M	S	N	W
C	A	R	P	E	N	T	E	R	T	W	O

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