

# FOUNDATIONS

Build a Life That Lasts



**Randy Craighead**

**Foreword by Dr. Steve Robinson**

## *Foundations: Build A Life That Lasts*

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*“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.”*

**- Jesus, Matthew 7:24-25**



# CONTENTS

## Introduction

Foreword by Dr. Steve Robinson . . . . .	7
Welcome by Randy Craighead . . . . .	9
How to Use This Workbook . . . . .	11
Encouragement for Small Group Leaders . . . . .	13
The Bible . . . . .	15

## Lessons

### Part One

1 Your New Life . . . . .	19
2 Being Right . . . . .	33
3 Living Right . . . . .	43
4 The Power of Water Baptism . . . . .	53
5 Connecting With God . . . . .	63
6 The Spirit-Filled Life . . . . .	75

### Part Two

7 The Gifts of the Holy Spirit . . . . .	87
8 Discover Faith . . . . .	97
9 Doing Life Together . . . . .	109
10 Giving . . . . .	121
11 Go and Tell . . . . .	135
12 The End . . . . .	149

## **Appendices**

More on the Bible . . . . .	173
Prayer of Salvation. . . . .	178
The Lord's Prayer Outline . . . . .	179
The Bridge Method . . . . .	183
Small Group Guidelines . . . . .	186
Small Group Leader Tips . . . . .	187
Evangelism Styles Questionnaire . . . . .	190
Bibliography . . . . .	194
Additional Resources . . . . .	198
About Randy Craighead . . . . .	199

# Foreword

I grew up in Metairie, Louisiana—just outside New Orleans. Each spring, my brother and I did something peculiar. Under the watchful eye of my parents, we would grab our shovels and move dirt against—and even under—the foundation of our home. If you're not from south Louisiana, you may ask, "Why in the world would you do that?" I'll tell you why. It was necessary to keep our home from sinking into the moist Louisiana soil. Devoting time and effort to strengthening the foundation of our home wasn't optional—it was paramount!

Early in life, I learned much about the importance of solid foundations. You see, when your foundations shift, you're in trouble. Walls crack. Pipes break. Eventually, the entire foundation can even fracture. Without a strong foundation, our home would have crumbled.

In the same way, if we don't have a strong foundation on God's Word, it is only a matter of time before our lives come crashing down. Jesus encouraged us in the *Sermon on the Mount*, "Don't build your life on the shifting sand. Build your life on the Rock!" If our lives are built on a shaky foundation, cracks will show up all over the place! My encouragement to you is to build your life on the solid Rock of God's Word.

Thankfully, from the early days of my walk with Christ, trusted men in my life walked with me and disciplined me. They were there—like an experienced building contractor—to ensure my foundation was solid—built on the Word of God!

I am so grateful for Pastor Randy Craighead, who has been a dear friend to me since 2001. Randy has been instrumental in building Church of the King into what it is today. Since 2002, he's taught Biblical Foundations at Church of the King to thousands of people. Many of the lessons in this study were developed in Russia when he and his wife, Diane, were pioneering a movement of churches and a Bible school in the early 1990s. His dedication to Christ and his love for people motivated him to forge the content of this study. As you dive into this book and engage in the teachings, you will be equipped to build a solid foundation on God's Word.

In life, storms come. Waters rise. Yet, if you will build your life on the solid foundation of God's Word, you *will* weather the storms of life. Dive into this book. Make it yours. Finish what you start. Let your prayer be, "God, set my life on Your firm foundation!"

I'm proud of you! Open your heart and mind to God's Word and His Spirit. Enjoy this journey. You'll never be the same.

A handwritten signature in black ink that reads "Pastor Steve". The signature is written in a cursive, flowing style with a long horizontal line extending from the end of the name.

Dr. Steve Robinson  
Senior Pastor  
Church of the King



# Welcome

It seems like I've built things all my life—from model airplanes and high-flying rockets to tree houses and forts as a kid, to engines and fast cars in high school (yikes!), to chemical plants after college. When God called me into the ministry in 1990, nothing changed—I kept building.

I caught fire for God in the middle of the Jesus Movement that swept America in the early 1970s. We were young, passionate, and proudly wore the "Jesus freak" badge. But I look around today and wonder, where is everybody?! Where are my friends who were so madly in love with Jesus? Where are those who talked about Jesus to anyone who stood still for five seconds and showed up at church every time the doors opened? Some have kept the "fire," but most have not. Disheartened, I've often asked myself, "Was something missing in their spiritual foundation?"

Too often, the "cares of the world" choke out the fresh breath of God's Word early in a young believer's life. Is there a way to help mitigate this? I *believe* so. When someone's life is foundationally built right on God's Word, they can better withstand the storms of life **(Matthew 7:24-25)**.

Foundations are critically important in both the natural and the spiritual. Paul understood the importance of foundations and said we are "members of the household of God having been built on the foundation of the apostles and prophets" **(Ephesians 2:19-20)**.

My greatest joy is helping people just like you to spiritually build their life on Christ. Paul said of those he loved that he labored “until Christ may be seen living in you” (**Galatians 4:19**). The following chapters present twelve foundational lessons that will inspire and equip you to live an overcoming Christian life with joy. True joy is found in Christ. He’s the chief Cornerstone—the *Word*. As you study each lesson, you will be in the *Word*. The foundational basis for each lesson is the *Word*.  
The Rock!

You’ll learn and discover how to live a godly life built on the Rock. So, get ready to learn and grow in God. Get your pen, open your Bible, open your heart, and let the Holy Spirit speak to *you*.

Special thanks to...Pastor Steve Robinson, my beloved friend, pastor, and leader extraordinaire; Danny Mequet for saying, "You should write a book on biblical foundations"; Maddie Cannizzaro for her tireless and relentless efforts in making this book come to life and for deciphering through my notes, proofing, and keeping me on task; Sam Hawkins (MDiv) and Lee Castello (ThM) for checking my theology and soundness of doctrine; Jon Scott for his uncanny attention to detail; Kelly Monaghan for creating the beautiful artwork and format; and mostly to my wife, Diane, for all her love and encouragement.

In Christ,

A handwritten signature in black ink, appearing to read 'Randy Craighead', with a large, stylized flourish at the end.

Randy Craighead

# How to Use This Workbook

The purpose of this workbook is to help you dive deeper into the Word of God. Each chapter contains different exercises and questions that will encourage you to open your Bible and encounter God’s truth. Many Bible translations are used in this workbook; however, the New King James Version is used most often throughout. See the Appendix for a better understanding of the use of different Bible translations. **We highly recommend downloading the YouVersion app to help with looking up various Bible versions for the exercises.**

## Video Sessions

There are twelve video sessions that correlate with each of the twelve chapters. This workbook is a **supplemental** study tool that **complements** each video lesson—it does not follow along word-for-word. Each fill in the blank answer can be found in the Bible. A Scripture reference is given for each question and exercise. The video teachings are designed to bring clarity and understanding to each topic. Watching the teaching video before completing each chapter is recommended.

Teaching videos can be found at:  
**[ChurchoftheKing.com/Foundations](http://ChurchoftheKing.com/Foundations)**

## **Getting the Most Out of Foundations**

Commit to the following four elements to get the most out of your experience:

### **Commit to Christ**

Committing your life to Christ is a vital step in your spiritual journey to having a firm foundation in your soul. Have an open mind and heart before starting each lesson. Trust God and listen to your heart throughout this study.

### **Engage in the Bible**

Each chapter is designed for you to search for the answers in the Bible. It's so simple! You can use a physical Bible or the YouVersion Bible app. Before you begin each chapter, ask God to speak to you through His Word.

### **Commit to Small Group**

Enjoy building relationships and community with others. Small groups help you to better understand the concepts you learn. You'll have the opportunity to ask questions and have great discussions with one another. Find and join a small group during this journey, or lead one of your own! Visit [ChurchoftheKing.com/SmallGroups](http://ChurchoftheKing.com/SmallGroups) for more information.

### **Watch the Teaching Videos**

The inspirational videos will revolutionize your biblical understanding. These videos are filled with Scripture, illustrations, and engaging stories that will help you understand what you are learning in each chapter.

# Encouragement for Small Group Leaders

Thank you for stepping out and leading a *Foundations* small group! Because of your willingness to lead, your group members will gain a greater understanding of the Bible and deepen their relationship with God and others. Here are a few tips to get your group started:

- Use the **Small Group Discussion** section found at the end of each chapter. These questions are designed to create engaging discussions that foster connections between each group member while they grow in their relationship with God.
- Familiarize yourself with the chapters, videos, and discussion questions before your group meets. **Group members should watch the video lessons and complete the chapter before your group gathers.**
- Before you begin the discussion questions, start off with a time of connection. This is how your small group members can start building relationships with each other. After this time, take the next 5-10 minutes to check-in with each other. Consider asking icebreaker questions to stimulate conversation. As you check-in, allow members to share about their readings during the week's lesson.

- After your discussion, end the group with prayer. Allow members to share prayer requests and updates from their week. Spend a few minutes praying for and with each other.

## **Additional Small Group Resources**

Additional small group resources are available on **page 186** to help both small group leaders and participants. Please take some time to review these resources.

# The Bible

*What is the Bible?* If you've asked this question, you're not alone. Millions throughout generations have also wondered what the Bible is. Simply put, we believe the Bible is God's Word. It is unique among all literature ever written because the Bible alone is "God-breathed."

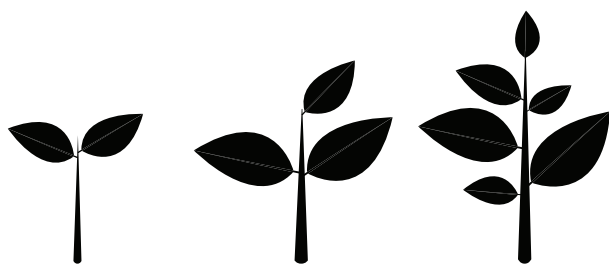
**2 Timothy 3:16 (NKJV)** says, *All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.* The New Testament of the Bible was originally written in the Greek language. The phrase "inspiration of God" is translated from two Greek words joined together to form a single word—*theopneustos*. The word *theo* means "God," and the word *pneustos* means "breath." Together they mean "God-breathed." All Scripture—the entire Bible—is God-breathed Word. **2 Timothy 3:16** is saying that the Bible is not merely the words of people, but the infallible and inspired words which have come straight from the mouth of God.

The Bible is not merely a book of instructions. Yes, it does contain instructions and commands. Yet, the purpose of the Bible is to teach us how to have healthy relationships with God and others. It is a record of how God interacted with people throughout history. If you have a Bible, you have probably noticed it is divided into two major sections: the Old Testament and the New Testament. The Old Testament contains 39 individual books which detail God's interactions with people from the creation of the world until about 400 years before the birth of Jesus Christ. The New Testament is formed from 27

books beginning with accounts about Jesus' life on earth and ends with an account about how He is coming again. The New Testament teaches us how to have a loving relationship with Jesus and others. **You can find more information about the Bible and Bible translations in the appendix at the end of this workbook.**

The Bible is a fascinating book, yet it can be challenging to understand at times. The first step for understanding the Bible is reading it. But you are not alone in your Bible-engagement journey. We are here to help. In fact, that's what *Foundations* is all about—helping you grow in your relationship with God and others by putting into practice the teachings of the Bible. So, are you ready? Let's begin!





## Part One