

Bible Study - P1 Class of 2028
Block 2 - Christianity Overview
Wednesdays at 4:00pm, Maddox Hall Room 224

Today's Prayer Practice: [Box Breathing Technique](#)

What is a Bible Study

- The practice of reading, interpreting, and applying the Bible to life.
- Perspective, wisdom, morals, and life lessons that can be applied to situations.
- Group collaboration that encourages personal interpretation and understanding.

Group Expectations

- A place where all are welcome.
- Questions are welcomed and answered effectively, if it cannot be answered then follow-up will be provided.
- Personal information/situations will not be shared outside of the group.
 - We can always talk about God
 - We will not talk about each other.
- Our beliefs, opinions, and experiences

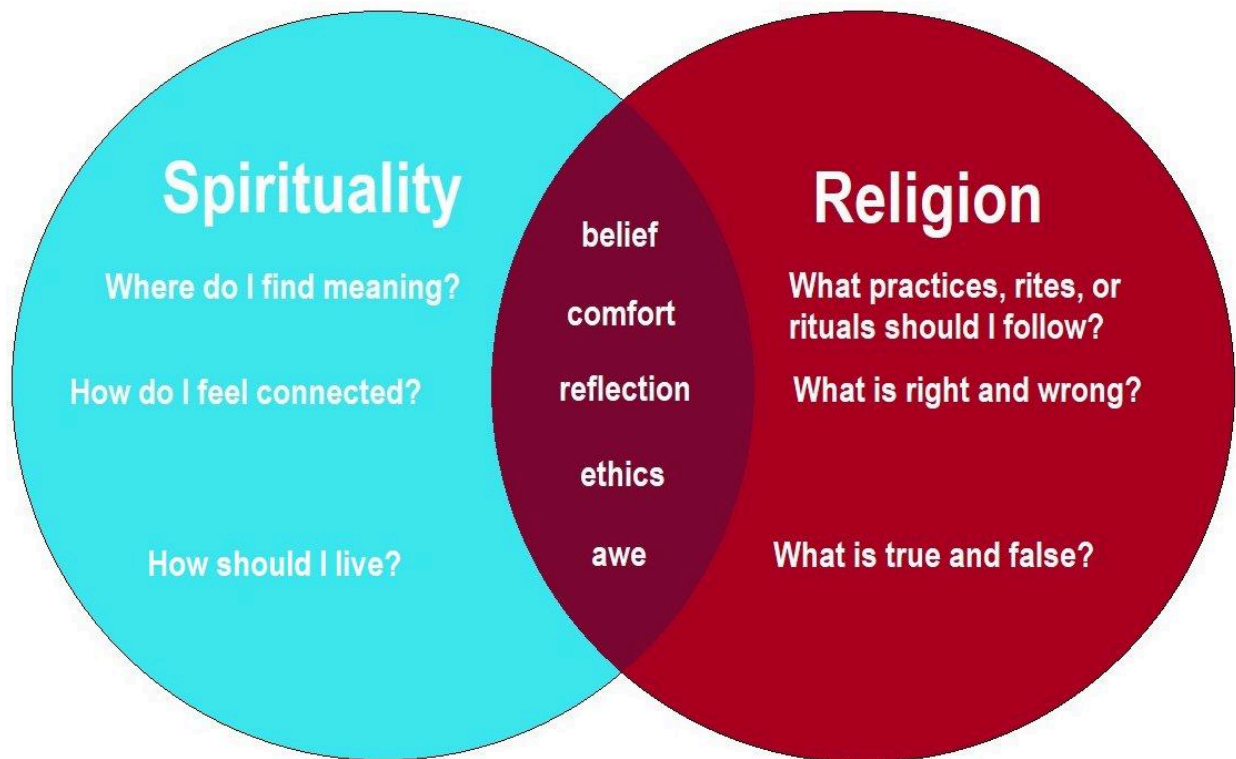
What is Prayer

- Prayer is the direct connection and communication with God, Jesus, and the Holy Spirit.
- Act of humanity humbling themselves before God.
- Used to develop a relationship with God. Prayer is two-sided as a means to praise, confess, and seek guidance from God.
- Demonstrating faith as an act of trusting God's will and ability.
- A prayer is a perpetual act done in the highs and lows of daily life.

Core Beliefs of Christianity²

1. The Holy Trinity: the belief that God consists of three parts: God (creator and curator), Jesus (experienced humanity and salvation), and the Holy Spirit (influence and wisdom).
2. Jesus was born from the Virgin Mary through miraculous conception, sent by God to experience humanity. Jesus provided salvation for humanity by being crucified on the Cross, resurrected three days later, and ascended into heaven.
3. The Bible is a book written by humans that the Holy Trinity directly influences to provide the scriptures, history, teachings, morality, wisdom, and way of living.
4. Sin is acts committed against God that influence our relationship with God. Through the salvation provided by Jesus, God can forgive all sins and absolve the slate through each confession.
5. The use of Prayers and Creeds to represent the faith of Christians:
 - a. Apostles Creed³
 - b. The Lord's Prayer (Matthew 6:9-13 and Luke 11:1-4)

Religion Versus Spirituality¹



Notes:

References

1. Spirituality versus Religion. Contented Life Coaching. Accessed October 20, 2024. <https://contentedlifecoaching.com/spirituality/>.
2. Coutinho K. Overview of Christianity. University of Cambridge. July 9, 2014. Accessed October 20, 2024. <https://www.equality.admin.cam.ac.uk/projects/faith-and-belief-practice/overview-christianity>.
3. Apostles' creed. Christian Reformed Church. Accessed October 20, 2024. <https://www.crcna.org/welcome/beliefs/creeds/apostles-creed>.