

Foundations

Frequently Asked Questions

What is Foundations?

Foundations is a milestone that helps students move from understanding what they believe to practicing their faith in everyday life. Students explore the beliefs and spiritual practices that shape Christian life and consider how God's transforming love makes a difference in the way they live.

What can students expect to learn during Foundations?

Students will grow deeper in their faith by exploring core beliefs and practices that shape Christian life. They'll learn how God shapes us through the means of grace and calls us to holy living with purpose.

Topics include the Trinity, sanctifying grace, serving and mission, the big story of Scripture, Christian community, and Holy Communion. Foundations helps students practice a faith that is real and relational, personal and practical, and rooted in God's transforming love.

What does a typical Foundations session look like?

Foundations meets during the 9:30 Sunday service. Sessions include teaching, discussion, and hands-on activities that help students connect what they believe with how they live. Students will have opportunities to ask questions, learn from one another, and practice putting faith into action.

How much time is required outside of sessions?

There is no regular homework requirement. Students are encouraged to attend worship with their families and continue conversations about what they are learning. Our Foundations class does participate in a one service activity outside of regular class time. The date and time will be communicated on the first day of class.

Is financial assistance available for program fees?

Absolutely. We want every student to be able to participate, regardless of financial circumstances. If you need assistance with program fees, please complete our financial assistance form:

[Financial Assistance Application](#)

What should students bring to each session?

Students should generally bring a Bible. Any additional materials will be provided, and special items needed for activities will be communicated in advance.

How is Foundations different from regular Sunday school?

Foundations is a milestone designed to help students move beyond learning about faith to living it out. Through hands-on activities, discussion, mentorship, and shared experiences, students explore how Christian beliefs shape everyday choices and relationships.

Can students bring friends to Foundations?

Foundations is designed for students who are registered and committed to participating in the journey. Friends are always welcome at other Student Ministry gatherings and events.

What happens after Foundations?

Students can continue growing through Sunday morning Student Community, small groups, Midweek gatherings, service opportunities, and future milestone programs like Alpha.

What are the benefits of completing Foundations?

Students develop a stronger understanding of God and the practices that help faith grow. They also build meaningful friendships, connect with leaders, and gain confidence in living out a faith that shapes their everyday lives.

Who can I contact with additional questions?

For questions about Foundations or other Student Ministry programs, contact the Student Ministry team at students@fmcm.org.