



Program Description

Beginnings changes lives.

It started as a video study that has been used by 35,000 people in more than 2,500 churches. Now, building on the excitement, Abingdon Press announces two more studies in the *Beginnings* series.

The three video studies are designed as a complete program—starting with the basics, exploring Christian spirituality, forming a circle of faith, and welcoming the world. You can begin with the study of your choice, based on the needs of your particular church.

All *Beginnings* studies can be used in churches of any size, and in a variety of settings: small groups, ongoing classes, or as part of a churchwide program.

Beginnings: An Introduction to Christian Faith provides a spiritual journey for seekers, new believers, and longtime Christians who want to explore the basics of Christianity in a relaxed, nurturing environment.

Beginnings: The Spiritual Life explores spiritual “habits of the heart,” including centering, loving, serving, questioning, and engaging.

Beginnings: Longing to Belong emphasizes the importance of community in the Christian faith, using fire as its central metaphor, and calls on Christians to put faith to work in their lives.

Each group session includes:

- Individual study during the week
- Weekly meetings that begin with a meal
- A 20-minute video presentation
- Discussion of the video and readings

Study Details

Beginnings: An Introduction to Christian Faith



This study explores the basics of Christianity, and can be completed in 9-12 weeks.

An Introduction to Christian Faith centers around a question for each session:

- So, is this all there is? (*Introduction*)
- Who is Jesus, and why should I care? (*Jesus Christ*)
- Why am I not where I want to be? (*Sin and the Cross*)
- What happens when I die? (*Death and Resurrection*)
- Can I trust God? (*Providence and Suffering*)
- How does God speak to me? (*The Bible*)
- If I don't feel lost, why do I need to be found? (*Salvation and Conversion*)
- Can I start again? (*Forgiveness and Wholeness*)

- How do I speak to God? (*Prayer*)
- How can I make a life and not just a living? (*The Good Life*)
- Why should I join any group that will have me as a member? (*Church Membership*)
- Love feast! (*Remembering, Sharing, and Continuing the Journey*)

Beginnings: The Spiritual Life



This 10-week, video-based study of Christian spirituality introduces participants to spiritual "habits of the heart" and for those who want to explore the habits. This study can be used after the first series study, or as a stand-alone program.

The Spiritual Life centers around a question for each session:

- Where is the Spirit in Spirituality? (*Introduction to the Spiritual Life*)
- How much am I willing to risk? (*The Spiritual Habit of Courage*)
- What is most important to me? (*The Spiritual Habit of Loving*)
- Can I find balance in a whirlwind world? (*The Spiritual Habit of Centering*)
- What do I want to be when I grow up? (*The Spiritual Habit of Simplicity*)
- How do I keep my possessions from possessing me? (*The Spiritual Habit of Giving*)
- How do I get ahead? (*The Spiritual Habit of Serving*)
- Can I go deeper without going under? (*The Spiritual Habit of Trusting*)
- What can I do with my doubts? (*The Spiritual Habit of Questioning*)
- Can a change in me change the world? (*The Spiritual Habit of Engaging*)

Beginnings: Longing to Belong



This 10-week, video-based study explores the importance of community in the Christian faith, using fire as its central metaphor. The study can either be used as part of a series or as a stand-alone study program.

Longing to Belong centers around a question for each session:

- Longing to Belong? (*Introduction*)
- How do We Find Our Place? (*Baptism*)
- What Are We Hungry For? (*Holy Communion*)
- What Happens When We Pray Together? (*Prayer*)
- What's the Deal With Miracles? (*Signs and Wonders*)
- What Do We Have in Common? (*Stewardship*)
- How Can We Remember Who We Are? (*Worship*)
- How Can We Open Our Lives to Each Other? (*Hospitality*)
- How Can We Get Along When We Are So Different? (*Conflict Resolution*)
- How Do We Share What We Have Discovered? (*Witness*)