

# JESUS — THE FOUNDATION

## Life Group Facilitation Guide

Companion to the message by Marius Gradwell · 05 July 2026

Acts 1:1–3 · Acts 2:42 · John 1:1,14 · Hebrews 2:16–18 · 2 Corinthians 5:21 · John 15:4–5 · Matthew 28:18–20

## A word for the leader

This is a foundations message. Marius laid down the pillars the early church was built on — and then set the whole weight on the first one: Jesus. There is a lot of rich teaching here, so resist the pull to turn the evening into a doctrine class. Your job isn't to get through every point; it's to help people move Jesus from information they know about to a Person they know. Let them speak from experience, not just recall. Leave silence room. And keep in mind that in most groups there is someone still deciding whether they've ever truly said yes to Him — carry the closing section gently and without pressure.

## The thread running through the night

Everything in this message circles one movement. Say it out loud at the start, and let it surface again as you go:

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***Christ for us. Christ in us. Christ through us.***

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*Who He is and what He did — that's Christ for us. Abiding in Him, He in us — that's Christ in us. Following and being sent — that's Christ through us. The same Jesus, all the way down.*

## To open

1. If a stranger asked you, in one sentence, “Who is Jesus to you?” — what would you honestly say?
2. Think back: when did Jesus stop being a Sunday word and become someone real to you? What changed?

## 1. Who Jesus is

John 1:1, 14 · Hebrews 2:16–18

The message held two truths together without splitting them: Jesus is fully God and fully man — not half of each, not God in a costume, but two natures perfectly one in a single person. The Word became flesh. God with us. And Hebrews tells us why it had to be that way — so that He could be a High Priest who actually understands us, because He has been through it.

3. Why does it matter that Jesus is fully God and fully man — not a 50/50 mix? What would we lose if He were only one and not the other?
4. Hebrews 2 says He was made like us so He could help us when we are tested. Where do you most need a Jesus who truly understands right now — not from a distance, but from the inside?

## 2. What Jesus did for us

*2 Corinthians 5:21 · 1 Peter 2:24 · 1 John 4:10 · John 15:4–5 · Galatians 2:20*

Marius walked us through what the cross actually accomplished — the guilt of our sin lifted right off us, God's anger turned aside onto Christ instead of us, enemies made friends, sinners declared righteous. And then the part that's easy to miss: it doesn't stop at Christ dying FOR us. He now lives IN us. "Abide in me, and I in you." The gift was never just forgiveness at a distance — it was union.

5. The message said that the moment we trust Christ, our sin is lifted off us and the guilt is gone — counted against us no more. Is that something you actually live in day to day, or something you still find hard to believe about yourself? Why do you think that is?
6. "God is not angry with you — He is angry with sin." How does that sentence land on you? Does your everyday picture of God match it, or is there a gap?
7. There's a difference between trying hard to live FOR God and letting Christ live His life IN you and through you (John 15; Galatians 2:20). Which of those two describes most of your week? What would change if it were the other?

## 3. What Jesus commissioned us to do

*Matthew 4:19 · Matthew 16:24 · Matthew 28:18–20 · Matthew 9:37–38*

The commission is simple before it is big. "Follow me." Then — as we go — make followers of others. And notice the order in Matthew 9: before Jesus sends workers into the harvest, He tells us to pray for workers. We ask before we go.

8. Jesus' very first call was just "Follow me." Where is following Him costing you something at the moment — where is He asking you to deny yourself and go His way instead of yours?
9. He told us to pray for workers before He made us into workers. Who is on your heart right now — someone you could be quietly praying into the harvest field, by name, this week?

## Where it lands

The message ended where the whole thing was always heading — receiving Christ. Not an emotion. Not just agreeing in your head that He's the Son of God. A turning of the will: turning to God from our own way, trusting that His death was in our place, and handing Him the direction of our lives.

**Receiving Jesus is not something we feel our way into.  
It is total trust — and an act of the will.**

10. Is there anyone here who has never actually made that turn — or who wants to make it fresh tonight? (Leader: leave real silence here. Don't rush past it. If someone responds, you can pray with them simply, in your own words — no formula needed.)

## This week

Choose one — don't try to carry all three.

- Take the one truth from the cross that's hardest for you to believe about yourself — that you're forgiven, that God isn't angry with you, that you're declared righteous — and sit with it each morning until it starts to feel true.
- Practise abiding. A few unhurried minutes a day, not performing for God, just being "in Him" — present, resting, letting Christ live through you into the day.
- Pray one name into the harvest. Pick one person, pray for them daily, and stay open to being an answer to your own prayer.

## Closing prayer

Pray this together, or let it lead you into your own words. Open hands, unhurried.

*Jesus, we come with open hands. Thank You that You did not stay far off — You became one of us, and You carried what we could never carry. Thank You that the guilt is lifted, that You are not angry with us, that in You we are welcomed home. We don't only want what You have done for us; we want You in us. Live Your life through ours this week. Show us where to follow, and give us one name to pray. We are Yours. Amen.*

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***Christ for us. Christ in us. Christ through us.***

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