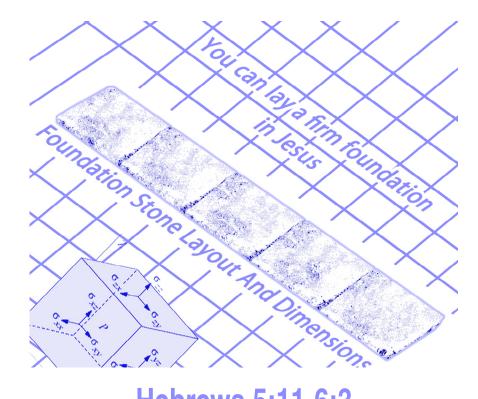
# **Laying A Firm Foundation**

### The Foundations of a Life with God



Hebrews 5:11-6:3

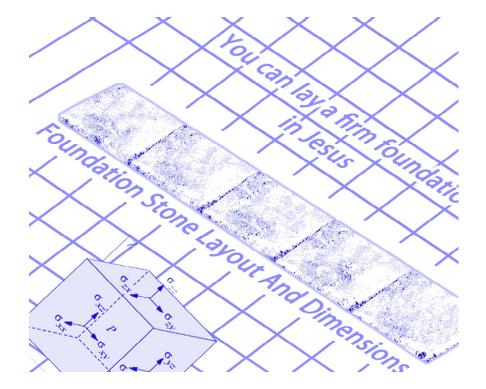
by Mike Webster

### INTRODUCTION

## "Building a Foundation To Last"

Foundation: "The basis on which a thing stands; underlying support."

(American Heritage Dictionary)



#### **BUILDING A FOUNDATION TO LAST**

This book is about a passage in the Bible that is, very literally, the foundation for our lives as well as the foundation for the church. In Hebrews 5 and 6, God lays out some foundational building blocks for us - stones that we are to build our life and His church upon. He clearly shows us what it takes to have a firm foundation that will hold us together, strongly rooted in Him.

You needn't have worked in construction or built buildings to have a basic understanding of the importance of a foundation. We all know that the stronger the foundation is, the greater the building will be. The deeper, wider, and stronger a foundation is, the more we can build on it.

Spiritually it's exactly the same in our lives and in our church. The deeper, broader, and stronger the foundation, the more God can build on it. If you want a life that's built before God, you have got to lay a strong foundation in your life so God can take you to the places He wants you to go.

Hebrews 5:11-6:3 talks more about the basics than any other passage in scripture. Here we learn what the Foundation Stones are:

"We have much to say about this, but it's hard to explain because you are slow to learn. In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil. Therefore, let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God, instruction about baptisms, the laying on of hands, the resurrection of the dead, and eternal judgment. And God permitting, we will do so." Hebrews 5:11 - 6:3

In Hebrews 5:12, God begins laying out the foundations, the fundamentals and the basics. Here it tells us that there's *milk stuff*. Not meat stuff, but milk stuff, beginning food, beginning stuff. It uses the word "infant" as opposed to "mature" (verse 13). It uses the phrase "elementary teachings" about Christ (verse 12). We all know there's such a thing as an elementary, basic teaching, and then there's more advanced teaching.

Next, the Bible uses that strong word, "foundation" (6:1). It says, "not laying again the foundation." So clearly, this passage, by repetition and by all these different means, is saying there is such a thing as a foundation for your life in God.

If you read it in context, this passage is saying, 'I don't want to have to lay the foundation again. I really want to take you on to maturity, but I have to go back and address you because you haven't laid this foundation. I don't want to have to tell you again about the foundation of ...' and then it tells us what those foundations are. It tells us exactly what the foundation of a life in Christ consists of.

God wants to cement those foundations in your life. He wants to take you to a place of new solid ground. He wants to do this throughout the entire church, too. He wants us to build His church on the foundation of Jesus Christ.

That's what this book is all about - learning the basic Foundational Stones so that you can make sure that growth and development can be high, wide, strong, and deep in your life and in the church.

#### BUILDING A FOUNDATION TO LAST

"The stronger, wider, and deeper that foundation is, the greater you can build upon it."

FOUNDATION STONE #1 "REPENTANCE AND FAITH" Jesus Is My Savior

> FOUNDATION STONE #2 "WATER BAPTISM" Jesus Is My Lord

FOUNDATION STONE #3 "LAYING ON OF HANDS" Jesus Is My Baptizer In The Holy Spirit

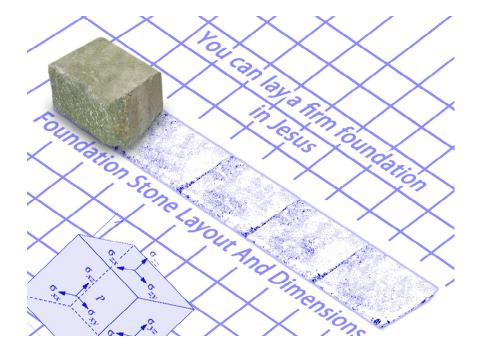
FOUNDATION STONE #4 "RESURRECTION OF THE DEAD AND ETERNAL JUDGMENT" Jesus Is My Soon-Coming King

> FOUNDATION STONE #5 "SOLID FOOD" Jesus Is In Me

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# "REPENTANCE AND FAITH" Jesus Is My Savior

"Not laying again the foundation of ... **REPENTANCE** from acts that lead to death and **FAITH** in God." Hebrews 6:1-2



#### So what is this Foundation Stone of Repentance and Faith?

Think of a "one-way street" with arrows and pointers and you can only head in one direction. It's a one-way street because all the Bible words for "repent" have to do with a 180-degree turnabout. It's as if you were going down a one-way street, but you were going the wrong way and you needed to do a 180 and come back and go the right way. The wrong direction was headed toward selfefforts that dead end - "dead works." The right direction is headed toward a living God. The wrong direction was a life dominated by our own efforts. The right direction is a life dominated by grace, love, and relationship with God. You've come from dead works to the living God. You were going through life following your own striving, following a godless life, moving in death, and moving in works that didn't lead to righteousness. Then, you did a 180 ... you repented and put your trust and faith in God. You recognized there's a living God that can make a difference in your life.

This first Foundation Stone is the opportunity for you to experience forgiveness and new birth. If you're not sure that you're forgiven, or if you hope you're forgiven but you're still striving after some good works, or if you think that you might be born again and in the family of God but you're not certain - you've got a flimsy foundation and you can't build, grow, or develop anything.

You need a foundation in your life where you can say, "I'm absolutely sure my sins are forgiven. I'm absolutely certain that if I die today I will go straight to heaven to the presence of God. I know that Jesus Christ has changed my life and I'm not heading the wrong way on a one-way street. I know that I have turned and dead works are behind me. Every step I take, I'm getting further and further away from dead works and closer to my living God. I've turned my back on things that lead to death and I've turned my face toward a living God. I know I'm forgiven, cleansed, and in the family of God. I'm a son. I'm a daughter. I'm here because He has changed my life."

The stronger that foundation of **Repentance and Faith**, the more you can build on it. This Foundation Stone should be so solid in your life that this whole city can jump on it and it's not going to move because you **know** that Jesus Christ is your Savior.

All of these Foundation Stones have a relationship element with Jesus. In Foundation Stone #1: "Repentance and Faith", we relate: Jesus Is My Savior. That means you are able to say you personally know Him as your Savior.

#### **REPENTANCE AND FAITH**

"I'm absolutely sure my sins are forgiven. I'm absolutely certain that if I died today I would go straight to heaven to the presence of God."

#### JESUS IS MY SAVIOR

# "WATER BAPTISM" Jesus Is My Lord

"Not laying again the foundation of ... teachings about **BAPTISMS.**" Hebrews 6:1-2



The second Foundation Stone is about **Water Baptism**. This is an experience of all the saints in the book of Acts and all the saints of the early church. Baptism was an expectation of everybody who came to Christ in the early church. On the day of Pentecost they baptized 3,000 people in one baptismal service! Can you imagine that?

Water Baptism is our identification with Christ and His death, burial, and resurrection. *When you're baptized, you're saying you are turning your back on the world of flesh and the devil and you are dead to those things.* Then, based on that confession, you go into the water burying all those old ways and dead works. When you rise up, you walk in a newness of life, resurrection power, and relationship with Jesus.

Water Baptism is a public confession of your salvation in Jesus Christ. By being baptized, you're willing to stand before the whole world and say that your relationship with Jesus Christ is a real thing and you're not going to keep it hidden.

*Water Baptism is also a public act of obedience.* In Matthew 3:13-17, the Lord tells us to be baptized just as He was - publicly. By being baptized, you're following the Lord's command and the example of those 3,000 men and women at Pentecost!

When this foundation gets in place in your life and it's solid, not flimsy, you can begin building on it. God can take you places.

As we said earlier, Foundation Stone #1 has the relationship **Jesus Is My Savior.** Foundation Stone #2: "**Water Baptism**", has the relationship **Jesus Is My Lord.** In this foundation, you make

a public proclamation that Jesus is directing your life and you're responding to Him. You're saying He's your boss and your master and You're obeying Him and doing what He says - and you're willing to do it publicly so that everybody can see it.

When this Foundation Stone gets fixed and established in your life, you can build on it.

#### WATER BAPTISM

"... a public proclamation that Jesus is directing your life and you're responding to Him."

JESUS IS MY LORD

# "LAYING ON OF HANDS" Jesus Is My Baptizer In The Holy Spirit

"Not laying again the foundation of ... the **LAYING ON OF HANDS.**" Hebrews 6:1-2



Right now you may be asking yourself what it means to have **hands laid on people**?

When we go back into the Old Testament, we see this happening over and over again. There were prophets, priests, and kings who were set into office and given authority and commission. When they were set into office and recognized, the Bible says the community of elders would come and lay hands on them. Sometimes the prophets would come and lay hands and anoint a king. There was laying on of hands throughout the Bible that was *representative of the impartation of authority of office given from God.* God was saying, "You're going to be a prophet! You're going to be a king! You're going to lead the people! I'm not going to have you do that just on your own strength, I'm going to bring an impartation to you to touch your life that will change you and empower you to do the thing I'm calling you to do."

In the New Testament, there aren't special people. There are no prophets, priests, or kings in the kingdom of God - we're all in this thing together. So God says, 'I'm going to put my Spirit on *every*body! You are the body of Christ and individually you're members of it. You have a gift! You have a calling! You have a destiny! You have a purpose! You've got a part to play - not only in your church, but in all eternity! To do that, I need to *impart something to you* so that you can be empowered, gifted, and commissioned to do the thing that I'm asking you to do.'

Laying on of hands in the New Testament is not a pastor's, elder's, or a minister's hands literally on you. Sometimes we do that in church to bring the power of prayer and to give away what we've got, but in this context we're talking about the laying on of hands of *God Himself* on us. God Himself is extending His hand to touch us, commissioning us, empowering us, and giving us a gift. He does that by His Holy Spirit that is poured out on us with power from on high, gifts, manifestations, and ministries.

This Foundation Stone is you seeking God, and saying, "Lay Your hands on me! Transform me! Give me what You've got!" That's what impartation is all about.

Have you ever had chicken pox? Did you catch chicken pox from your doctor? Of course not, nobody gets chicken pox from their doctor. Now, think about this: a doctor knows about chicken pox. He's got the technical name for it. He knows the virus that causes it. He's got the textbook that explains all about it. He knows how to treat it. He knows how long it's going to last. He knows what to do. He knows more about chicken pox than anybody in the community - but he can't give you chicken pox.

In the same way, there are people who can talk and read and think about all kinds of kingdom stuff - but they don't have it. They might even have a degree and say, "Here's all the stuff, I've got all the answers," but they're dry as dust.

God tells us you can only *get it* from somebody who's *got it!* God wants to come in your midst and give you spiritual chicken pox! He wants to give you a case that you'll never recover from. He wants to come and put His hand on you and impart to you something that will change your life forever.

This is Foundation Stone #3. If you haven't had that impartation of God - if you haven't caught it - you can do all the talking and be like the doctor, but you don't have anything to give away. God wants to put this Foundation Stone in you so you understand that He has laid His hand upon you and imparted to you. He wants you to know there is a release of the Holy Spirit in you and there's a gifting, calling, and anointing on your life. He wants you to experience supernatural blessings. The kingdom of God is not just a social club like the Rotary, Lions, or Kiwanis. We've got a God here! We've got something going on that's supernatural! God wants to make sure every one of you *catches it*. He wants to put His hand on you and impart supernatural, spiritual blessing. That's what God has for us!

For some people, this is a flimsy Foundation Stone. You may have prayed and think God has power in your life, but you're just not sure, so you go back and forth wondering if He's got something for you. You're not going to build a skyscraper on that foundation! God wants to come and lay a foundation where you <u>know</u> that the Holy Spirit has touched your life and you <u>know</u> the supernatural has touched you life.

This was the destiny of Jesus Christ when it was announced by John the Baptist, "I baptize you in water. He will baptize you in the Holy Spirit," (Matthew 3:11). Jesus came to be Baptizer in the Holy Spirit so everyone who knows Him would not only have a relationship with Him as Savior (Repentance and Faith), or know Him as Lord (that He is directing your life), but they would have the ability to say, "I know that **Jesus is my Baptizer in the Holy Spirit**. He's laid His hand upon me and imparted to me, and He's begun to release the taste of heavenly things right here and now. He's taken that other Comforter that He promised (the Holy Spirit) and put it on my life and I'm not the same." This is Foundation Stone #3: Laying On Of Hands.

How do you know if this is a firm Foundation Stone in your life? All of a sudden, you'll begin to have this thing bubbling up inside of you with the personal presence of God. You won't have to come to church to find God because He's on you and He's moving with you. All of a sudden, people will start seeing signs and wonders of the kingdom of God through your life. You'll start praying for the sick and they'll recover. You'll start having a prophetic edge and leading. You'll start having guidance that's from above and a clearsightedness that's supernaturally imparted into you. You'll begin to release spiritual language and speaking in tongues. You'll begin to worship God and pray to God in a new supernatural dimension. You'll begin to come to places where gifts, ministries, and manifestations are flowing in you and through you.

When we come together with every single member playing their part and stirring up the gifts and ministries of God, we are going to be an immovable force in this community.

You need Foundation Stone #3 in your life - you need to know that God has imparted into you and you have the relationship: "Jesus Is My Baptizer in the Holy Spirit."

He's your Savior (Foundation Stone #1), He's your Lord (Foundation Stone #2), and He's your Baptizer (Foundation Stone #3). These first three foundations can happen really fast in your life. In the early church Peter got up and preached and he says in Acts 2:38, "Repent! Be baptized and you'll receive the gift of the Holy Spirit!" They got it one, two, three - that's a great way to start in God! Now some people may drag these out over months, but however you come into these first three Foundation Stones, you need to lay them in rock solid and sound so that you can grow and move in God.

### LAYING ON OF HANDS

"God <u>Himself</u> is extending His hand to touch us, commissioning us, empowering us, giving us a gift."

#### JESUS IS MY BAPTIZER IN THE HOLY SPIRIT

"RESURRECTION OF THE DEAD AND ETERNAL JUDGMENT"

> Jesus Is My Soon-Coming King

"Not laying again the foundation of ... RESURRECTION OF THE DEAD AND ETERNAL JUDGMENT."

Hebrews 6:1-2



**Resurrection of the dead and eternal judgment?** What are we talking about here? Many people think that this is advanced stuff and it's supposed to be for a graduate course! But the Bible says that it's elementary and foundational. Resurrection of the dead and eternal judgment is a foundation because if we don't get this, we start living loose in this world.

Jesus Christ is the first fruits of those who have been raised from the dead. He came, lived, died for us, was buried, and on the third day He rose again. He had a resurrection body that was supernaturally different - He walked through doors and did all kinds of things. Jesus told said that each one of us is going to be raised from the dead, have a resurrection body just like His, and face eternal judgment. "Man is destined to die once, and after that to face judgment," Hebrews 9:27.

The first part of that eternal judgment is the question, *is Jesus your Savior*? Going back to the first Foundation Stone: If Jesus is your Savior, then your name is written in the Lamb's book of life. It's a done deal. That Foundation Stone has been set and there's no question about it. You can knock on heaven's gate and Peter says, "Why should I let you in?" And you say, "Because I've trusted Jesus Christ as my Savior." Then he says, "Brother, come on in!" It's a done deal and there's no question about it because it's rock solid and foundational.

ItsaysintheBiblethateverysingleoneofuswillberesurrectedfrom the dead, have a resurrection body, and face eternal judgment. The Bible says that each one of us who even knows Jesus Christ is going to stand before the judgment seat of Christ. *Yes, even if you know Jesus Christ as your Savior, you're going to stand before the judgment seat*  of Christ in the resurrection (that's eternal judgment, the second part of this Foundation Stone). That is when Jesus will start looking at things like, "How did you manage the talents I gave you? How did you manage the blessings I gave you? How did you witness for me? How did you invest those things I gave you in the kingdom? Did you build with gold, silver, and precious stones, or wood, hay, and stubble? How did you live this life as a believer?"

He's then going to begin a separation and judgment process. There's going to be crowns, rewards, and places of honor. There's also going to be people that are stripped of those things they thought they were going to bring into heaven. God is going to bring all values to judgment.

Here is Foundation Stone #4: Are you living in this life transformed and with eternal values, or are you getting swept along by the world, the flesh, and the devil even though you're a believer? Are you really moving ahead with eternal values and a difference in your life?

In Foundation Stone #4 the relationship with Jesus is: **He's My Soon-Coming King.** You understand that Jesus is going to come again and He is going to call all of us to account. You know He is going to raise the dead and then He's going to say, "Alright, let's move into eternity." Jesus is going to blow the whistle on this thing that's called this world and say, "Game over!" He is then going to rule forever and ever and ever. He could do it before you finish reading this sentence or before you finish this book, because Jesus Christ is our **Soon-Coming King.** 

The point of this Foundation Stone is to have a place where you are able say, "I'm living in the light of eternity and I know that what I do counts and will last forever. I know that I can't play fast and loose in this life. I lay that foundation that says I'm living for eternity, holding loosely to the things of this world. I've turned my life over to God and I know that I'm living in the light of my Soon-Coming King." That's Foundation Stone #4.

#### RESURRECTION OF THE DEAD AND ETERNAL JUDGMENT

"Every single one of us will be resurrected from the dead and have a resurrection body, and we're going to face eternal judgment."

### JESUS IS MY SOON-COMING

## "SOLID FOOD" Jesus Is In Me

"But **SOLID FOOD** is for the mature, who by constant use have trained themselves to distinguish good from evil." Hebrews 5:14



The final Foundation Stone has to do with **maturity and taking solid food.** This is the stone that should make you say, "I am able to lay a rock here that really can be built upon because I've now taken solid food."

To understand this Foundation Stone, think about what babies eats. They eat strained prunes for months! They feast on squash that's unrecognizable as anything that comes from a plant and super-strained applesauce that doesn't look anything like an apple. Then they make the transition to solid food and start taking chicken right off the table!

God looks at you and says, "How long are you going to eat regurgitated, predigested prunes in the house of God? How long are you going to eat only pablum? Has everything got to be baby food for you? How long are you going to fool around with no teeth? When are you going to get into this thing and say, 'I want some solid food - give me some meat! I'm ready for more Bible and I'm ready for more of God. I'm ready for taking some mountains!'"

God wants a Foundation Stone in you where you know how to feed yourself and how to get some solid food. The Bible says you move from milk to meat, from infancy to maturity (Hebrews 5:12). You move to this place where you're able to take in and digest for yourself some solid food - prayer and Bible. You're able to get into the disciplines of God, and now it's not that Jesus is at church, it's not Jesus is in the minister, but you can say "Jesus Is In Me." He's feeding you, you're eating spiritual food and nourishment, and you start getting spiritual insight and revelation. You get it because of the Foundation Stone Jesus Is In Me. When you begin to get these Foundation Stones in place, you can build a skyscraper for God that's tall and strong.

#### **SOLID FOOD**

"You move to this place where you're able to take in and digest for yourself some solid food - prayer and Bible. You start getting spiritual insight and revelation ..."

### JESUS IS IN ME

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## **"THE NEXT STEP"**

"In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But **SOLID FOOD** is for the mature, who by constant use have trained themselves to distinguish good from evil. Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of **REPENTANCE** from acts that lead to death, and of FAITH in God, INSTRUCTION ABOUT BAPTISMS, the LAYING ON OF HANDS, the RESURRECTION OF THE DEAD, AND ETERNAL JUDGMENT."

Hebrews 5:12 - 6:2



#### **THE NEXT STEP**

Hebrews 5:12-6:2 is saying, "I'm not going to lay again the foundation of":

- "Repentance and Faith": Jesus Is My Savior
- "Baptisms": Jesus Is My Lord
- "Laying on of Hands": Jesus Is My Baptizer in the Holy Spirit
- "Resurrection of the Dead and Eternal Judgment": Jesus Is My Soon-Coming King
- "Solid Food": Jesus Is In Me

This is not just an interesting Bible study and it's not just an insight into the book of Hebrews. *This is your life*. Do you want a firm foundation?

On the following page in a section titled, "My Next Step with God," you'll notice a timeline that starts at today and goes into all eternity. The five Foundation Stones are listed on this timeline. Where would you place yourself right now?

#### TODAY

#### **"JESUS IS MY SAVIOR"**

"On this date I prayed to trust Jesus Christ to forgive me and lead my life."

If you need to lay this Foundation Stone you can say a prayer right now: "God, I turn my life over to you. I'm doing a 180. I was headed for dead works, but now I'm putting my faith in a living God. Jesus, I want you to be my Savior." If you pray that prayer right now He will cause you to be born again and birthed into the kingdom - you'll never be the same.

#### "JESUS IS MY LORD"

"On this date I publicly confessed Jesus Christ and obeyed Him through Water Baptism."

Do you have a date for this one? If not, call your church and make arrangements to be Water Baptized. You need to publicly say that you're ready to make Jesus your Lord.

#### **"JESUS IS MY BAPTIZER IN THE HOLY SPIRIT"**

"On this date I asked Jesus Christ to fill me with His Spirit and I yielded myself to release spiritual language."

If you can't put a date on this line, simply pray, "I'm ready for You to touch me, God. Give me spiritual impartation. I don't want to be the same. I want a supernatural dimension in my life. I'm going to press through in this area."

#### **"JESUS IS MY SOON-COMING KING"**

"On this date I committed my values and behavior to Jesus Christ to make an eternal difference." Worldly values are not going to make it in the Kingdom of God. If you're struggling because your values are not what God would like, take a step to transform them by fasting from the media. If you're ready to take a serious step to transform your values away from what the world says is important, set aside however many days God tells you to and fast from all input from the world - turn off the TV, radio, movies, and music. Tell God, "My values have been programmed someplace else. I want a renewed God-honoring lifestyle with my values from You."

#### **"JESUS IS IN ME"**

"On this date I set myself to grow in Jesus Christ through attention to prayer, Bible reading, and spiritual disciplines."

If you can't put a date here and don't know where to begin, use prayer guides and chapter guides for Bible reading every single day. These things fill us for eternity.

#### **ETERNITY**

Are you ready to lay a foundation that God can build on? Are you ready to build a church that God can build on - one where He can put a skyscraper up and there's no flimsiness, no question, and no doubt, because we've laid a firm foundation and it's solid as a rock?

Do you need to take a step of commitment?

You need a Foundation Stone at the bottom: **Jesus Is In Me.** Do you need to give new attention to prayer, Bible reading, solid food, and taking it in? If so, make a note and say, "Today, I need to make that step. I've been letting other things shape my values. I have not lived in the light of eternity." Do you need to take that step?

Do you need to solidify the foundation stone of "Jesus Is My Lord" and make that rock-solid in your life? If so, it's time to publicly confess and obey the Lord Jesus Christ in Water Baptism and make sure that the whole world knows that "Jesus Is Your Lord."

Maybe you're getting this thing and have realized that you need to do a 180, trust Jesus Christ, come out of a life of dead works, and put your faith in a living God.

Where are you today? There are people in every single category laying these Foundation Stones. Take these steps seriously - pray through, do the things God's asking you to do, and lay the foundation. You've got to come to God and say, "I want this in my life!" If you do that seriously, God will help you, grow you, and establish you.

How firm is your foundation? When you're building you can't be greater than the foundation. You know exactly what the Bible is speaking to you, how the Holy Spirit is drawing you, and what step you need to take. Go before the Lord, present yourself to Him and say, "I want the Foundation Stone of \_\_\_\_\_\_ established in my life so strong that I can jump up and down on it and it won't move. I want to know that I know that it's been established in my life." The storms of life may come and shake you. Lay a firm foundation now and be ready to be victorious through your struggles. Take the step and build the Foundation Stone that God is asking you to build. He will build on it, and your life will never be the same.

#### LAYING A FIRM FOUNDATION

#### Hebrews 5:11-6:3

The Bible's own claim to the basics:

- Hebrews 5:12 elementary truths
- Hebrews 5:12 milk
- Hebrews 5:13 infant
- Hebrews 6:1 elementary teachings
- Hebrews 6:1 foundation

The stronger your foundation, the greater your growth potential!

FOUNDATION STONE #1 Repentance and Faith: Jesus Is My Savior Salvation, Forgiveness, Separation (180-degrees, with your back to dead works)

FOUNDATION STONE #2 Baptisms: Jesus Is My Lord Water Baptism, Public Confession, Obedience (renounce the world, the flesh, and the devil)

FOUNDATION STONE #3 Laying On Of Hands: Jesus Is My Baptizer

Personal Presence, Personal Guidance, Personal Power (impartation, touch, anointing, acceptance)

Foundation Stone #4

Resurrection of the Dead and Eternal Judgment: Jesus Is My Soon-Coming King

Eternal Values, See the Invisible, Works of Righteousness (what I do counts for eternity)

> FOUNDATION STONE #5 Solid Food: Jesus Is In Me Word, Prayer, Holy Spirit (feed and digest for self)

#### Pass It On:

- You first get to the point of growing maturity in Christ
- Build in others use these as building blocks
- Train others show them how to build up others also