

Agape Institute Foundation Courses

Introductory courses for foundational learning

Four weeks per course | Two hours per week | Beginner level

These courses introduce young learners to Agape love, foundational Christian belief, the person of Jesus in the Gospel of John, and the two trees in Genesis. Each course combines simple Bible teaching, discussion, creative participation, and a short multiple-choice assessment. The lessons are designed for guided classroom, church, or online learning.

How to use this curriculum

- Teach one two-hour session each week for four weeks.
- Read the selected Bible passages together. Use a translation suitable for the learners.
- Keep explanations simple and invite questions without embarrassment.
- Use the activities to help learners see, speak, draw, act, and apply the lesson.
- Complete the 12-question multiple-choice assessment after Week 4.

Course overview

Course	Main question	Length	Assessment
AGP 101 What Is Agape Love	What is God's self-giving love?	4 weeks 8 hours	12 MCQs
CBF 101 Basics of Christian Belief	What do Christians believe?	4 weeks 8 hours	12 MCQs
JES 101 The Man Called Jesus	Who is Jesus in John's Gospel?	4 weeks 8 hours	12 MCQs
GEN 101 The Two Trees	What do the two trees teach us?	4 weeks 8 hours	12 MCQs

Course 1 What Is Agape Love

Course code AGP 101 | Level Beginner | Duration Four weeks | Total guided study Eight hours

This course helps learners understand Agape as the self-giving, faithful love revealed in God and perfectly shown through Jesus Christ. Learners will identify what love does and practise it in daily relationships.

Course learning outcomes

- Explain Agape love in simple words.
- Use 1 John 4 to connect love with God's character.
- Identify how Jesus shows self-giving love.
- Choose practical ways to love God, neighbours, enemies, and oneself responsibly.

Week 1 God Is Love

Bible focus: 1 John 4:7–12; 1 John 1:5

Learning goals

- Define Agape as self-giving love.
- Recognize that love begins in God.

Simple teaching content

Agape: Agape is love that seeks another person's good. It gives without demanding repayment.

God's character: Scripture does not merely say that God has love; it says that God is love. God is also light, with no darkness in Him.

Our response: Because God loves us, we learn to love one another.

Two hour lesson plan

Time	Learning step	What learners do
10 min	Welcome and prayer	Settle, greet one another, and name the week's question.
20 min	Bible discovery	Read selected verses aloud and notice key words.
25 min	Simple teaching	Listen, ask questions, and write three main ideas.
10 min	Break	Rest and refresh.
25 min	Guided activity	Complete the creative or group task.
20 min	Discussion	Connect the Bible truth with everyday choices.
10 min	Review and prayer	State one takeaway and close in prayer.

Young learner activities

- Create an "Agape sun": write GOD IS LOVE in the centre and add rays showing patience, kindness, truth, mercy, forgiveness, and generosity.
- Pair-share: describe one loving action you received this week.

Weekly takeaway: Agape begins with who God is, not with how lovable we feel.

Week 2 Jesus Shows Us Agape

Bible focus: John 3:16–17; John 13:1–17, 34–35; John 14:9

Learning goals

- Describe how Jesus reveals the Father.
- Identify service and sacrifice as expressions of Agape.

Simple teaching content

Jesus reveals God: Jesus said that seeing Him is seeing the Father. His life helps us understand God's heart.

The towel: Jesus washed His disciples' feet. True greatness serves.

The cross: God's love gives, saves, forgives, and restores rather than seeking revenge.

Two hour lesson plan

Time	Learning step	What learners do
10 min	Welcome and prayer	Settle, greet one another, and name the week's question.
20 min	Bible discovery	Read selected verses aloud and notice key words.
25 min	Simple teaching	Listen, ask questions, and write three main ideas.
10 min	Break	Rest and refresh.
25 min	Guided activity	Complete the creative or group task.
20 min	Discussion	Connect the Bible truth with everyday choices.
10 min	Review and prayer	State one takeaway and close in prayer.

Young learner activities

- Towel challenge: choose one unnoticed act of service to complete this week.
- Role-play a situation in which kindness is stronger than ridicule or retaliation.

Weekly takeaway: We see the Father's self-giving love in Jesus.

Week 3 What Agape Looks Like

Bible focus: 1 Corinthians 13:4–8; Luke 10:25–37

Learning goals

- Name qualities of love.
- Apply Agape to real-life choices.

Simple teaching content

Love in action: Love is patient, kind, truthful, humble, and enduring.

The neighbour: The Good Samaritan helped someone outside his own group.

Wise love: Agape is kind and truthful. It can set safe boundaries and seek adult help when someone is harmed.

Two hour lesson plan

Time	Learning step	What learners do
10 min	Welcome and prayer	Settle, greet one another, and name the week's question.
20 min	Bible discovery	Read selected verses aloud and notice key words.
25 min	Simple teaching	Listen, ask questions, and write three main ideas.
10 min	Break	Rest and refresh.
25 min	Guided activity	Complete the creative or group task.
20 min	Discussion	Connect the Bible truth with everyday choices.
10 min	Review and prayer	State one takeaway and close in prayer.

Young learner activities

- Sort action cards into “shows Agape,” “does not show Agape,” and “needs more information.”
- In teams, create a 30-second scene showing patience, kindness, or truthfulness.

Weekly takeaway: Agape is not only a feeling; it becomes visible in our choices.

Week 4 Living the Way of Love

Bible focus: Matthew 5:43–48; Galatians 5:22–23; 1 John 4:18–21

Learning goals

- Practise loving difficult people safely.
- Describe how God's Spirit grows loving character.

Simple teaching content

Love and enemies: Jesus calls us to pray for enemies and refuse hatred.

God's Spirit: The fruit of God's Spirit includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Love and fear: God's mature love helps free us from fear-driven living.

Two hour lesson plan

Time	Learning step	What learners do
10 min	Welcome and prayer	Settle, greet one another, and name the week's question.
20 min	Bible discovery	Read selected verses aloud and notice key words.

Time	Learning step	What learners do
25 min	Simple teaching	Listen, ask questions, and write three main ideas.
10 min	Break	Rest and refresh.
25 min	Guided activity	Complete the creative or group task.
20 min	Discussion	Connect the Bible truth with everyday choices.
10 min	Review and prayer	State one takeaway and close in prayer.

Young learner activities

- Make a seven-day Agape plan with one realistic loving action each day.
- Write a short prayer asking God's Spirit to grow one fruit in your life.

Weekly takeaway: God's love received becomes God's love shared.

Course assessment

Choose the best answer for each question. Circle A, B, C, or D, then record the letter on the answer grid.
Suggested pass mark: 8 out of 12.

1. According to 1 John 4:8, God is...

- A. fear
- B. love
- C. confusion
- D. distance

2. Agape is best described as...

- A. self-giving love
- B. a passing mood
- C. winning every argument
- D. being popular

3. Who perfectly reveals the Father?

- A. Moses
- B. David
- C. Jesus
- D. Peter

4. Jesus washed the disciples' feet to teach...

- A. competition
- B. service
- C. wealth
- D. secrecy

5. Which quality appears in 1 Corinthians 13?

- A. jealousy

- B. revenge
- C. kindness
- D. pride

6. The Good Samaritan helped...

- A. only a close friend
- B. a person in need
- C. only a relative
- D. no one

7. Loving an enemy can include...

- A. praying for the person
- B. copying wrongdoing
- C. hiding abuse
- D. seeking revenge

8. The fruit of God's Spirit includes...

- A. hatred
- B. self-control
- C. cruelty
- D. dishonesty

9. Agape love may use safe boundaries because love is also...

- A. careless
- B. truthful
- C. silent about harm
- D. controlling

10. John 3:16 shows God's love by saying God...

- A. forgot the world
- B. gave His Son
- C. avoided humanity
- D. wanted no relationship

11. Christian love becomes visible through...

- A. actions
- B. appearance only
- C. money only
- D. winning

12. A good summary of this course is...

- A. God is love, revealed in Jesus
- B. love never tells truth
- C. love is only emotion
- D. God asks us to hate enemies

Student answer grid

1	2	3	4	5	6
_____	_____	_____	_____	_____	_____
7 _____	8 _____	9 _____	10 _____	11 _____	12 _____

Teacher answer key

1. B 2. A 3. C 4. B 5. C 6. B 7. A 8. B 9. B 10. B 11. A 12. A