

OneFamily 10k

WELCOME

The OneFamily 10K, a weekly devotional and guide. Intended to inspire your family to spend at least 10 minutes each week with the King. So make this study what you need. Adjust as needed. Use any part. You do not need to ACCOMPLISH the devotional. You need to accomplish time with the Lord and his word. Who is your family? The entire body of Cherry Creek. God has placed each of us here! Each of us are needed and necessary to the growth of THIS community. How do we grow? We follow God's guidance and we love and care for each other. Who should you complete this study with? Begin with those who are in your household. OneFamily includes Infants through seniors. Alone? Find someone to connect with over the phone (or the like), over coffee, or over the fence. Begin with prayer. Ask the Holy Spirit to inspire and guide your study... Our OneFamily.

Note: At any time, when you are with someone who is unable answer or complete a specific activity without assistance. Speak the words over them or use these topics to have a wonderful "discussion" in ANY way you are able. Let your creativity WIN. Modify! Spend YOUR time with the KING in YOUR way. Please contact kids@creek if you need assistance or ideas.

WARM-UP

THE SUPREMACY OF CHRIST

Colossians 1:15-20

Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation, for through him God created everything in the heavenly realms and on earth.

He made the things we can see and the things we can't see—such as thrones, kingdoms, rulers, and authorities in the unseen world.

Everything was created through him and for him.

He existed before anything else, and he holds all creation together.

Christ is also the head of the church, which is his body.

He is the beginning, supreme over all who rise from the dead.

So he is first in everything.

For God in all his fullness was pleased to live in Christ, and through him God reconciled everything to himself.

He made peace with everything in heaven and on earth by means of Christ's blood on the cross.

- Mark: We center our lives on Jesus. Use these verses to see who HE is. How can we live remembering this every day? What do you need to do to practice and form a habit of KNOWING these things.
- Set: Pray that God will guide your study and practice. Ask that you REALLY understand and know the Supremacy of Christ.

THE RACE

DO YOU DRIFT?

Colossians 1:23

But you must continue to believe this truth and stand firmly in it. Don't drift away from the assurance you received when you heard the Good News. The Good News has been preached all over the world, and I, Paul, have been appointed as God's servant to proclaim it.

- Set: What must you do to Stand Firm? What confidence in Jesus do you have? How can you share that confidence with others?

BAKE A SECRET

Colossians 1:25 - 28

God has given me the responsibility of serving his church by proclaiming his entire message to you. This message was kept secret for centuries and generations past, but now it has been revealed to God's people. For God wanted them to know that the riches and glory of Christ are for you Gentiles, too. And this is the secret: Christ lives in you. This gives you assurance of sharing his glory. So we tell others about Christ, warning everyone and teaching everyone with all the wisdom God has given us. We want to present them to God, perfect[g] in their relationship to Christ.

- Set: How can you serve the church and your community?
- Set: [Christ lives in you! Take a look at these Hidden Surprise recipes. Bake one or all of them and talk about Christ living in you. How is this true? How do we show it?](#)
- Go: [Here some recipes -](#)
 - <https://www.tasteofhome.com/recipes/heavenly-filled-strawberries/>
 - <https://www.sixsistersstuff.com/recipe/chicken-pot-pie-cupcakes/>
 - <https://livforcake.com/smores-cookie-cups/>

COOL-DOWN

What a great race!

- Mark: Be an act of the Lord's kindness in the life of another
- Go: [Share what you have prepared with a friend, neighbor, or relative. You could bless all three!](#)

PRAYER

- Pray for your family and the OneFamily of Cherry Creek.
- We pray that you and all those you encounter find blessings and opportunities to grow in the faith, love, and knowledge of our LORD.

TRAINING

Psalm 117

Praise the LORD, all you nations; extol him, all you peoples.

For great is his love toward us, and the faithfulness of the LORD endures forever. Praise the LORD.

- Mark: So often we go about our day expectant in God without REALLY considering his ACTUAL acts.
- Go: [Grab some chalk and head outside. Write and draw about your enthusiastic praise of God. Write and draw to express the Great Love he shows. Write and draw about how you see God expressing his faithfulness.](#)