

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

GET READY TO RUN!

Acts 9:1-19

Saul's Conversion

Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem. As he neared Damascus on his journey, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?" "Who are you, Lord?" Saul asked. "I am Jesus, whom you are persecuting," he replied. Now get up and go into the city, and you will be told what you must do." The men traveling with Saul stood there speechless; they heard the sound but did not see anyone. Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. For three days he was blind, and did not eat or drink anything. In Damascus there was a disciple named Ananias. The Lord called to him in a vision, "Ananias!" "Yes, Lord," he answered. The Lord told him, "Go to the house of Judas on Straight Street and ask for a man from Tarsus named Saul, for he is praying. In a vision he has seen a man named Ananias come and place his hands on him to restore his sight." "Lord," Ananias answered, "I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem. And he has come here with authority from the chief priests to arrest all who call on your name." But the Lord said to Ananias, "Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel. ¹⁶ I will show him how much he must suffer for my name." Then Ananias went to the house and entered it. Placing his hands on Saul, he said, "Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit." Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized, and after taking some food, he regained his strength.

- Why was Saul/Paul going to Damascus?
- What does Paul's conversion tell you about the power of Jesus Christ?

THE RACE

ON YOUR MARK, GET SET, GO!

Ephesians 4:1-8

¹As a prisoner for the LORD, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one LORD, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all. ⁷But to each one of us grace has been given as Christ apportioned it. ⁸This is why it says: "When he ascended on high, he took many captives and gave gifts to his people."

- Paul states that he is a prisoner for the LORD. Do you feel like a prisoner to anything or anyone?
- As Christians, how is Paul saying we should live our lives and treat one another?
- List the items Paul says we all share. Which stand out to you?
- Have you been taken captive by Christ as Paul was?
- What gifts do you have that help with sharing the gospel?

COOL-DOWN

LET'S COOL DOWN AND REVIEW OUR RACE.

Paul's desire to share the gospel couldn't be diminished even by being arrested.

- What can you do to show unity in Christ?

PRAYER

Dear Father God, thank You for giving Paul the courage and desire to share what he knew about Jesus with the people of Ephesus and us today! Help us use what we're learning to grow in unity in Christ and to share the gospel message today. In Jesus name, amen.