

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.

WARM-UP

PSALM 136:1-3

Give thanks to the LORD, for he is good. His love endures forever. Give thanks to the God of gods. His love endures forever. Give thanks to the Lord of lords. His love endures forever.

- Discussion Question: What is your favorite way to feel appreciated? (**Note: If someone cannot communicate due to age, ability, or zero ideas, someone else should help them think of what they like to receive as a gift for doing something for others.**)

THE RACE

Read the verse, statements, and follow the prompts. Each bullet is a checkpoint, a question for your family to work through together.

PSALM 136:4-16

To him who alone does great wonders, His love endures forever. Who by his understanding made the heavens, His love endures forever. Who spread out the earth upon the waters, His love endures forever. Who made the great lights— His love endures forever. The sun to govern the day, His love endures forever. The moon and stars to govern the night; His love endures forever. To him who struck down the firstborn of Egypt, His love endures forever. And brought Israel out from among them, His love endures forever. Who with a mighty hand and outstretched arm; His love endures forever. To him who divided the Red Sea asunder His love endures forever. And brought Israel through the midst of it, His love endures forever. But swept Pharaoh and his army into the Red Sea; His love endures forever. To him who led his people through the wilderness; His love endures forever.

WHAT GOD HAS DONE?

- Discussion Question: Can you remember a time when you need the Lord to act in your life or the life of your family and friends? What was going on?
- Discussion Question: Did God act and help you in the situation? What did he do?
- Point: In the Bible there two reasons to praise the Lord. The first is because of who he is. Looking at God is more beautiful than looking at the sunset. It is more awe-struck than looking at the Grand Canyon. It is more peaceful than looking at a little baby. Because of who he is, he deserves worship. The second reason is because of what he has done. Through the Bible the Lord reminds Israel of what he has done for them (made them into a nation, saved them from Egypt, defeated their enemies, and more). Just like them, we too are to worship the Lord for what he has done. What has he done? Paul says where were his enemies he sent his Son to die in our place. How awesome is that?!

THE RACE CONTINUES

JESUS IS WORTHY OF PRAISE

REVELATION 5:8-12

And when he, the Lamb, had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb. Each one had a harp and they were holding the golden bowls full of incense, which are

the prayers of God's people. And they sang a new song, saying: "You are worthy to take the scroll and open its seals, because you were slain and with your blood you purchased for God persons from every tribe and language and people and nation. You have made them to be a kingdom and priests to serve our God, and they will reign on the earth" Then I looked and heard the voice of many angels, numbering thousands upon thousands, and ten thousand times ten thousand. They encircled the throne and the living creatures and the elders. In a loud voice they were saying: "Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!"

- Discussion Question: What usually happens when people see an angel? (**NOTE: The answer is they are afraid, because angels are powerful.**)
- Point: In Revelation 5, we witness many angelic beings worshiping Jesus (the Lamb) and giving him praise. These powerful angelic beings realize how mighty Jesus is and what he has done. They repeatedly praise him for sacrificing for humans. We are invited to join this choir and worship Jesus for saving us.

COOL-DOWN

What a great race! Time to cool-down.

- Take a piece of paper and something to write with. Draw one thing in your life that you really want to control, but need to learn to give (trust) to God? (Family, work, friends, school, toys, etc.)

PRAYER

- Pray over what you have learned and discussed.
- 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

- Later in the week, if possible, share other reasons to worship Jesus. (**Note: After each person, encourage and/or congratulate them on sharing their reason, no matter how small.**)