

## 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

### MATTHEW 18:3

*And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven."*

- Discussion Activity: What are your favorite characteristics about yourself (if you are a child) or about kids? (**Note: If someone cannot communicate due to age, ability, or zero ideas, someone else should help them think of good things that kids do**).

## THE RACE

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

### JEREMIAH 1:4-8

*The word of the LORD came to me, saying: "Before I formed you in the womb I knew you, and before you were born I set you apart and appointed you as a prophet to the nations." "Ah, Lord GOD," I said, "I surely do not know how to speak, for I am only a child!" But the LORD told me: "Do not say, 'I am only a child.' For to everyone I send you, you must go, and all that I command you, you must speak. Do not be afraid of them, for I am with you to deliver you." Declares the Lord*

### WHAT GOD HAS DONE?

- Discussion Question: Can you remember a time when you felt you could not do something because you are young? What happened?
- Point: When a young man, Jeremiah, was called by God, he felt small. He felt that way because he was younger than many other prophets. But the Lord reminded him that he created him and had a plan for him. In other words, God created Jeremiah for the time he was in. And God would use him in a mighty way. So he reminded Jeremiah that he should not be afraid, for the Lord is with him. The Lord empowers the young!

## THE RACE CONTINUES

### YOUNG JESUS FOLLOWERS

#### 1 TIMOTHY 4:12, 15

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity... Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress.

- Point: Throughout Scripture, the Lord uses young people for great things. And in a letter to a young leader, Paul reminds him to not be discouraged when people dismiss him because he is young. Instead, he should set an example for the older people. Why does Paul say this? Because Paul knows age does not matter to God. He empowers young people in the same way as older people to do big things. The Lord empowers the young!
- Discussion Question: What does it mean to be diligent?

## COOL-DOWN

What a great race! Time to cool-down.

- In one voice, shout: The Lord empowers the young!
- Share ways that you can be bold even when you are afraid (at home, school, with friends, playing sports, artistic performance, 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, how you have been bold this week as a young person. (**Note: After each person, encourage and/or congratulate them on sharing their reason, no matter how small.**)