

# OneFamily 10k

## INVESTIGATE PSALM 84 - LOVE GOD'S PLACE FOR YOU!

### 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!

#### Psalm 84

How lovely is Your tabernacle,  
O Lord of hosts!  
<sup>2</sup> My soul longs, yes, even faints  
For the courts of the Lord;  
My heart and my flesh cry out for the living God.

God's house is a place where you should expect and be SO HAPPY as you meet our loving and wonderful Living God!!!

- How is God's house beautiful, lovely, dear, and beloved? How do you express these feelings?
- What do you LOVE about church? Draw a picture of what you love.
- Tell me about seeing other people at church? Do you worship God differently when you are with people in God's house? Why do you like being at church?
- How can we continue meeting together even when some of us are staying home?
- Who could you bring church to this week?

### THE RACE

<sup>3</sup> Even the sparrow has found a home,  
And the swallow a nest for herself,  
Where she may lay her young—  
Even Your altars, O Lord of hosts,  
My King and my God.  
<sup>4</sup> Blessed are those who dwell in Your house;  
They will still be praising You. *Selah*

God's house, our church is for everyone. All are welcome and all can find a place to meet the faithful living God.

- Where do you see, feel, or know God most in church?
- Where is your favorite place in God's house?
- Do you love God's house more because you love God?

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**<sup>5</sup> Blessed is the man whose strength is in You,  
Whose heart is set on pilgrimage.  
<sup>6</sup> As they pass through the Valley of Baca,  
They make it a spring;  
The rain also covers it with pools.  
<sup>7</sup> They go from strength to strength;  
Each one appears before God in Zion.**

You are a Christian pilgrim when you choose to rely upon God for strength to journey in this world.

- How does God make you STRONG?
- Do you want God to give you strength? When? How?

## COOL-DOWN

**Make some Puppets! See the example in the Early Childhood kids message for this week!**

### Bird from a Bag

Your craft birds and the real birds can remind us that all of God's creation wants to be with Him. As His creation, made in His image, you are at your best when you are close to Him.

*Materials:*

- Lunch size paper bags
- Beaks and eyes cut out of paper
- Crayons
- Feathers or other embellishments

For this project, and really all of them, let the children's creativity shine through. Putting the parts where they choose will make this more fun for everyone.

### Sparrow

*Bird:*

- Start with a 9"x12" sheet of construction paper, a narrow straw, hole punch and glue.
- Cut 2 1" strips from the length (making it 9"x10") Cut the 9"x10" in half (2 9"x5")
- Using a 1" strip, starting about ¼" in from the edge, punch holes every 3.5" down the middle. You should have room for 3 holes.
- Cut a small v from the end of the 1" strips. Save the v shapes for beaks.

*Wings:*

- Fold a 9"x5" piece in ½ and trace your child's hand at the fold.
- Cut out the tracing.

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Assemble:

- Take a straw at the 1" strip v end and go through the first 2 holes. Make a circle with the last bit of paper for the bird's head.
- Put a thin line of glue at the crease of the wings and slide the wings between the paper and the straw if you want to secure the wings.
- Put a little glue on the beak and place it on the head.

Please encourage your children to decorate their birds with crayons or feathers or anything you have around the house.

Birds who can fly, would choose to build homes, nests for their young near God's house.

An alternate option is to email Shari Norblom [snorblom@cherrycreekpres.org](mailto:snorblom@cherrycreekpres.org) and arrange a time to pick up this week's project from CCPC.

## PRAYER

This week pray the end of Psalm 84 for your family every day...

**<sup>8</sup> O Lord God of hosts, hear my prayer;**

**Give ear, O God of Jacob! *Selah***

**<sup>9</sup> O God, behold our shield**

**And look upon the face of Your anointed.**

**<sup>10</sup> For a day in Your courts *is* better than a thousand.**

**I would rather be a doorkeeper in the house of my God**

**Than dwell in the tents of wickedness.**

**<sup>11</sup> For the Lord God *is* a sun and shield;**

**The Lord will give grace and glory;**

**No good *thing* will He withhold**

**From those who walk uprightly.**