

## 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

### 1 JOHN 3:2

Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is.

- Discussion Question: What do you think Jesus looked like before and after his resurrection? (**Note: If someone cannot communicate due to age, ability, or zero ideas, someone else should help them.**)
- Discussion Question: John says we will look like Jesus one day. What do you think he means by this? (**Note: If someone cannot communicate due to age, ability, or zero ideas, someone else should help them.**)

## THE RACE

Dirt Creatures

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

### PSALM 8:4

...what is mankind that you are mindful of them, human beings that you care for them?

### HUMANITY

- Discussion Question: Can you share as many facts as possible about a caterpillar. (**Note: If someone cannot communicate due to age, ability, or zero ideas, someone else should help them. If no one mentions this, say how they turn into butterflies.**)
- Point: Caterpillars crawl on the ground and risk being stomped on, eaten by other animals, and more. Then one day, all that changes, as they are transformed into butterflies. The same is true of followers of Jesus.
- Discussion Question: Why do you think the writer of Psalm 8 asks in verse 4, "why God cares a lot of humans?" (Answer: He asks that because we are made of dust/dirt. Why would God care a lot for dirt creatures?)
- Point: We are made of dust/dirt. To God and the angels, we are like the caterpillar who crawls on dirt. Yet, God cares a lot for us! And like the caterpillar, we will be transformed to something more amazing.

## THE RACE CONTINUES

### A NEW YOU

#### 1 CORINTHIANS 15:45-52

So it is written: “The first man Adam became a living being”; the last Adam, a life-giving spirit. <sup>46</sup> The spiritual did not come first, but the natural, and after that the spiritual. <sup>47</sup> The first man was of the dust of the earth; the second man is of heaven. <sup>48</sup> As was the earthly man, so are those who are of the earth; and as is the heavenly man, so also are those who are of heaven. <sup>49</sup> And just as we have borne the image of the earthly man, so shall we bear the image of the heavenly man. <sup>50</sup> I declare to you, brothers and sisters, that flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable. <sup>51</sup> Listen, I tell you a mystery: We will not all sleep, but we will all be changed— <sup>52</sup> in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed.

- Discussion Question: What is the enemy of humans that we cannot defeat? (Answer: Death).
- Point: Paul writes how the first Adam brought death to creation when ate the fruit. The second Adam, Jesus, brought life. We can follow the first Adam, or we can follow the second. The second Adam, Jesus brings life to those who follow him. And those who follow this second Adam, will be transformed.
- Discussion Question: What does a caterpillar do to be transformed into a butterfly? (**Note: If someone cannot communicate due to age, ability, or zero ideas, someone else should help them. If no one mentions this, say how they form a cocoon.**)
- Point: A caterpillar forms a cocoon and is there for a period of time, because coming out as a butterfly!
- Discussion Question: What are some differences between a caterpillar and a butterfly? (**Note: If someone cannot communicate due to age, ability, or zero ideas, someone else should help them. Some differences are: the butterfly flies, is usually more pretty, and is no longer limited to being on the ground.**)
- Discussion Question: Paul speaks of about the earthly man (those who follow Adam) and the heavenly man (those who follow Jesus). What are some differences between the two? (**Note: If someone cannot communicate due to age, ability, or zero ideas, someone else should help them. Look at verses 47, 48, and 50.**)
- Point: Paul points out that those who follow Jesus will rise from the dead! The unbeatable enemy, death will be beaten!

## COOL-DOWN

What a great race! Time to cool-down.

- Discussion Question: When we win a hard sports game, video game, board games, etc., what do you do or say to celebrate?
- Point: In 1 Corinthians 15, because death is defeated by Jesus, and because we will one day defeat it, Paul says: “Death has been swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting? The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ.” Paul is making fun of death! Death has beaten a lot of people, but because of Jesus death is dead. Because death is dead, like the butterfly, one day you will become a new you, and this new you will never be defeated!

## 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, point out a dead tree or plant, and talk about how in the spring the tree or plant will be new again, just like those who follow Jesus. You will be will a new you!