

OneFamily 10k

GO INTO 2021 AS A NIGHT TO THE WORLD

WELCOME

The OneFamily 10K, a weekly devotional and guide, is intended to inspire your family to spend at least 10 minutes a few days each week with the King. Make this study what you need. Adjust. Use any part. Do not need to ACCOMPLISH the devotional. 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. 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 to answer or complete a specific activity without assistance speak the words over them or use these topics to have a wonderful "discussion". 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!

- *Pray for Jesus to inspire your time with him and to remove any barriers for you or your family today.*

THE RACE

READY! SET! GO!

- **Read: Psalm 103; complete each activity or answer each question as a family.**

Bless the Lord, O my soul,

and all that is within me,

bless his holy name!

Bless the Lord, O my soul,

and forget not all his benefits,

- Ask each family member to tell of two ways that the Lord has provided blessings this year.

- Pray for two others who need to see God's blessings.

who forgives all your iniquity,

who heals all your diseases,

who redeems your life from the pit,

who crowns you with steadfast love and mercy,

who satisfies you with good

so that your youth is renewed like the eagle's.

- *The Lord has redeemed YOU!*

- *The Lord has taken you in his hands. His love for you never changes.*

- *Take a piece of paper. Write the word thank you or draw a picture that you love.*

- *Draw a heart around this word or picture and give the glory for every "good" and every "struggle" to the LORD!*

The Lord works righteousness

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and justice for all who are oppressed.

He made known his ways to Moses,

his acts to the people of Israel.

The Lord is merciful and gracious,

slow to anger and abounding in steadfast love.

• How can you show the love of God to others this year?

He will not always chide,

nor will he keep his anger forever.

He does not deal with us according to our sins,

nor repay us according to our iniquities.

For as high as the heavens are above the earth,

so great is his steadfast love toward those who fear him;

as far as the east is from the west,

so far does he remove our transgressions from us.

As a father shows compassion to his children,

so the Lord shows compassion to those who fear him.

• Take a piece of paper and cut it into the size you would need for origami.

• Write or draw something that you have done that is not pleasing to the Lord.

• Also, write or draw something that you would like to forgive.

• Finally, write something that you are excited to experience in 2021.

• Use this link and turn this paper into a heart. <https://www.youtube.com/watch?v=nnV262Egucw>

• God's steadfast love is there for ALL of these things. His power and mercy has NO limits.

For he knows our frame;

he remembers that we are dust.

As for man, his days are like grass;

he flourishes like a flower of the field;

for the wind passes over it, and it is gone,

and its place knows it no more.

But the steadfast love of the Lord is from everlasting to everlasting on those who fear him,

and his righteousness to children's children,

to those who keep his covenant

and remember to do his commandments.

The Lord has established his throne in the heavens,

and his kingdom rules over all.

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Bless the Lord, O you his angels,
you mighty ones who do his word,
obeying the voice of his word!

Bless the Lord, all his hosts,
his ministers, who do his will!

Bless the Lord, all his works,
in all places of his dominion.

Bless the Lord, O my soul!

- Make a PRAISE board for the Lord. Use a poster, wall space, or bulletin board. Each day or week draw or write a praise or prayer to the LORD and stick it up to remember and see.

COOL-DOWN

LET IT ALL SINK IN!

- Read Matthew 15:14-16

“You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

- How can you be a light in 2021?
- Help each family member discover a way to be a light this year!
- What does that even mean?
- Commentary if you would like: <https://enduringword.com/bible-commentary/psalm-103/>

• PRACTICE

USE YOUR TRAINING!

- Make a plan. Make it happen. Each day of January. Help a family member see or be a light. Show them and show yourself that being a light is not being perfect. It is letting God work through you!

PRAYER

YOUR ENERGY DRINK!

- Pray every day!

Lord, give me the ideas and strength to be a light of the world. Keep me from hiding or thinking that you would not need me. Let my life never keep your light hidden. May I always shine before others. Let me shine in ALL ways. Let me shine when life is hard and when it is easier. I want to see your works and always give glory to you! (Change this prayer to reflect how these verses are important too you!