

Fully Alive

Family and Children's Devotional



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Welcome

I am so pleased that you have decided to participate in our 2017 discipleship equipping sessions: **Fully Alive**. If we are honest, we will admit that we sometimes go through life feeling like we're stuck in a rut or just going through the motions. We may gain success in one area of life like our finances but find that we are physically out of shape. We may be physically in shape but struggling spiritually and emotionally.

People thrive when we experience health in all aspects of life. We are meant to be **fully alive**. This family devotional booklet is meant to aid you and your family in being **fully alive** spiritually, physically, emotionally, relationally, and financially; and when we are thriving in our personal life, we are empowered to make our world **fully alive**. Each Sunday I will be teaching on these themes. This Guide and the LIFEGroup materials and time together all help us live **Fully Alive**.

My hope is that we have a more disciplined church of all ages at the end of these seven weeks that will impact our community and our world.

Take some time to pray for your family. First, think about how you relate to one another. Then think about your family's physical life, emotional life, and financial life. Ask the Lord to highlight an area in your family's life that needs his blessing and favor. Pray that God would bring you and your children to a fuller life spiritually, physically, relationally, emotionally, and financially so that we will be better equipped to partner with Jesus as he makes the world **Fully Alive**! Sometimes it helps to write down what you think God is highlighting. My hope and prayer is that God would fill you with his Holy Spirit and help you see some real change over this season. May God bless you, may God draw you closer, and may your lives be **Fully Alive**!

In Christ,

Michael Bells
Pastor OCC

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WEEK ONE | Spiritually Alive

Day 1

READ: JOHN 4:13-14

Jesus answered, "Everyone who drinks this water will be thirsty again. But anyone who drinks the water I give them will never be thirsty. In fact, the water I give them will become a spring of water in them. It will flow up into eternal life."

SAY: Think of how many things we do with water. Let's list some of the ways we use it. We drink water, but we also use water every day for other things. We use it to do laundry; cook food; wash ourselves, our dogs and mom's car; for swimming; to make ice cubes; and so on. Water is very important to us.

Can you remember a time when you were really thirsty? When you are thirsty, what is it that your body needs? (Water.) Without water we would die. We need water to stay alive.



Look at the picture. What is the difference between the two plants? Why is one plant drooping? (It needs water.)

What will happen if no one waters it? (It will dry up and die.) A plant needs water to live just like we need water to live.

DO: Jesus says that if we drink the water he gives we will never be thirsty again.

Get a glass of water and take a drink. Do you still feel thirsty? When you took a drink of water your thirst was quenched and you weren't thirsty anymore. It filled you up and you felt satisfied. All you have to do is ask Jesus to fill you with his Spirit. You will receive the life that is found only in Jesus.

Jesus wants you to feel **Fully Alive!**

PRAY: Jesus, thank you for the water we drink that helps us to live. Please fill our hearts with your Spirit so that we can be **Fully Alive**. Amen.

Day 2

READ: GALATIANS 5:25

Since we live by the Spirit, let us keep in step with the Spirit.

SAY: When you play the game “Follow the Leader”, one person is the leader. Then everyone else follows the leader by doing what they are doing and saying what they are saying. Our verse today says that we need to follow Jesus’ leading. Where can we find out what Jesus did and what Jesus said? We can look in the Bible. Jesus’ life story is told in the gospels: Matthew, Mark, Luke and John. In Acts, the next book after John, Jesus’ disciples, or followers, followed his example by doing the same kinds of things he did.

DO: Now, let’s play a game of Follow the Leader for a couple of minutes. (Choose a leader or the parent can lead. Walk around the room or house in funny ways and have the others do it in the same way. For example, you could walk like a duck or crawl on your hands and knees.) What happens if we don’t pay close attention to the leader? How do we follow Jesus? Just like in our game, we can follow Jesus by reading the Bible and doing what he did.

There are many scriptures in the Bible to help us follow Jesus in what we do and what we say. Let’s read **Galatians 5:22-23** *“But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself. There is no law against things of that kind.”* Let’s make a list of the things we should do when we follow Jesus.

When we follow Jesus and ask him to help us live like him, we will feel **Fully Alive!**

PRAY: Jesus, please help us to follow you closely by living our lives like you. We want to feel **Fully Alive!** Amen.

Day 3

READ: PSALM 142:1-2

I call out to the Lord. I pray to him for mercy. I pour out my problem to him. I tell him about my trouble.

SAY: When we pray, we talk to God and we listen to Him. In today's verses, we see King David talking to God. Notice what he says in his prayer. He prays for mercy. This means to receive help from God. When we pray (talk) to God, we can tell him whatever is on our heart. Nothing is too big or too small to talk to God about. We can talk to God about anything and everything!

What are some things we can talk about when we pray? Things that:

- Make us happy
- We are thankful for
- We hope for
- Make us sad
- We complain about
- Make us scared
- Trouble us or the problems we face
- Make us angry
- We need help with

DO: There are many prayers included in the Bible. They serve as examples of how to pray and we can even pray them ourselves. King David wrote a lot of prayers and we can too. Let's take some time now to write a prayer to God. We can use the list above to help us with what to write about. Then we will say our prayers out loud to God.

When we talk to God through prayer, we feel **Fully Alive!**

PRAY: Start by reading out loud the prayer you wrote, then end by saying: God, you made me and you know everything about me. Thank you for teaching me that I can talk to you anytime. Please help me to listen to you, too. Amen.

Day 4

READ: PSALM 32:5

Then I admitted my sin to you. I didn't cover up the wrong I had done. I said, "I will admit my lawless acts to the Lord." And you forgave the guilt of my sin.

SAY: When we start following Jesus, one of the first things we do is ask him to forgive us for our sins. It's one step toward being **fully alive** but it doesn't mean we will be perfect. The Bible tells real stories about people who loved God and followed him but still made mistakes.

When we sin our relationship with God suffers. Fortunately, when we confess any sinful behaviors our relationship with God thrives. Thankfully, God gives us a way to get close to him again! In today's verse, David shows us how. He tells God about his sins and asks for forgiveness. God forgives David and their relationship is great.

Let's read **1 John 1:9** out loud: *"But God is faithful and fair. If we confess our sins, he will forgive our sins. He will forgive every wrong thing we have done. He will make us pure."* This verse tells us what we should do: confess our sins like David did. This means to tell on ourselves. If we tell God about our sin and sincerely ask him to forgive us, what does this verse say God will do? (He will forgive us and cleanse us from all the wrong things we have done.) God will wash our hearts clean, like taking a hot bath after playing in the mud.

DO: Take a pencil and piece of paper and write down a sin. (You could also use a chalkboard or dry erase board.) It could be something like lying or being unkind. Have each person in your family add to the list by writing down a sin of their own. Then each person can confess their sin to God and ask for his forgiveness. As you ask forgiveness, erase the words you've written. When you are done, show the clean page or board without anything written on it. That's what God does when he forgives us. He completely erases our sin and he doesn't see it anymore.

When God forgives us we feel **Fully Alive!**

PRAY: God, we thank you for forgiving all of our sins and loving us so much. We love you. Amen.

Day 5

READ: HEBREWS 10:24-25

Let us consider how we can stir up one another to love. Let us help one another to do good works. And let us not give up meeting together. Some are in the habit of doing this. Instead, let us encourage one another with words of hope. Let us do this even more as you see Christ's return approaching.

SAY: When we follow Jesus we become part of a family called the family of God. It's a great big family that is all over the world. Some of these family members are people we know in real life like those in our own family and the friends we see at church each week.

What does it mean to be part of the family of God? One thing it means is helping each other and looking out for each other just like in our family at home. In the family of God no one is better than another; we all need each other's help. All of us need Jesus to feel **fully alive**, and all of us try to follow him.

Since we are family, we want to help everyone to be spiritually alive and be more like Jesus. One way we can help is by encouraging our friends when we see them living their lives in the way Jesus wants us to. Saying to a friend at church, "Thank you for praying that my sick Grandma gets better," or, "I saw you introduce yourself and sit next to the new kid. That was so nice!" are ways that we can encourage each other to love and do the good works Jesus wants us to do.

DO: Let's practice encouraging one another right now. Everyone take turns saying something encouraging and kind to each person in your family. Parents can start by saying something like "I love how well you listened and participated in chores today" or "I saw the project you brought home from art class. You are so creative." Make your encouragement personal to each family member. If anyone is having trouble thinking of something positive to say about one of their siblings, gently point out a few of their positive characteristics.

When we encourage others to follow Jesus, we feel **Fully Alive**.

PRAY: God, help us to encourage each other with words of hope and kindness. Amen.