

ONE
at a time

FAMILY GUIDE

INTRODUCTION

Jesus spent hundreds of hours with His disciples, guiding them and teaching them to love and serve those around them. Hours before He would go to the cross, in an upper room, He shared a special Passover meal with them. During this meal, He gave them new instructions, a command He called them to follow.

"I give you a new command. Love one another. You must love one another, just as I have loved you." John 13:34 NIV.

Why would He give this command now, right before He would leave them? How would they know how to carry out this command without Him by their side? The truth is, the disciples had been given a front row seat, observing firsthand how Jesus lived this out. They had experienced Jesus' love and compassion for themselves. They would know how to love one another, because they watched and learned from the master Himself. *Jesus loved people one at a time.*

Over the next six weeks, your family will have an opportunity to open up the Bible and jump in, right along with the disciples, and discover how Jesus loved people *one at a time*. Because the command Jesus gave to the disciples wasn't only for them, it was for you, too! Listen to what 1John 2:5 NIV says.

"But if anyone obeys God's word, then that person truly loves God. Here is how we know we belong to him. Those who claim to belong to him must live just as Jesus did."

All through the Gospels, we can see how Jesus lived, loving people *one at a time*, and we are called to live the same way. Your family can make a difference in the lives of those around you! Want to make a difference? Focus on the one. That's it. That's the Jesus way. *One at a time.*

HOW TO USE THIS FAMILY GUIDE

Have you ever been pushed out of your comfort zone? Maybe someone challenged you to run a 5k when you had never run a mile in your life. Or, a friend encouraged you to learn a new skill when you already had a busy schedule. Maybe being pushed out of your comfort zone forced you to face some fears or caused you to make changes to some of your everyday rhythms.

When Jesus started teaching His disciples and the crowds around Him, it definitely pushed people out of their comfort zone. If you look at Matthew 5, over and over Jesus says phrases like, "You have heard that it was said," and He would share the cultural norm of the day. Imagine the surprise when they heard Him say, "But I tell you," and what would follow would be a directive that was countercultural to the norm. It was a different and new way of living. It was the Jesus way of living. Jesus didn't just share this new way of living, He lived it out, leading by example for the disciples who were in closest proximity to Him and the crowds who were drawn to the truths He proclaimed.

This family guide will give you the tools to open up the Bible, and together, discover how Jesus loved people *one at a time*. And here is the most exciting part! When you choose to follow Jesus, when you pray and ask Him to show you the one who needs to experience Him up close and personal, He will begin to reveal those people to you! God can use your family in a mighty way to change the life of one person around you! You might discover that God will change you, too.

When you follow Jesus and love people the way He did, know that it's probably going to push you out of your comfort zone. You might have a conversation with someone at the lunchroom table. Maybe you use the money you had been saving for a night out, to help someone in need. Making these principles part of your everyday rhythms of your family may mean that your family rhythms might change. But, here's the bottom line: It's worth it, especially for the one who needs to experience the love of Jesus.

So, gather your family, your Bible, maybe your car keys, and get ready for an amazing adventure, loving people the way Jesus did, one at a time.

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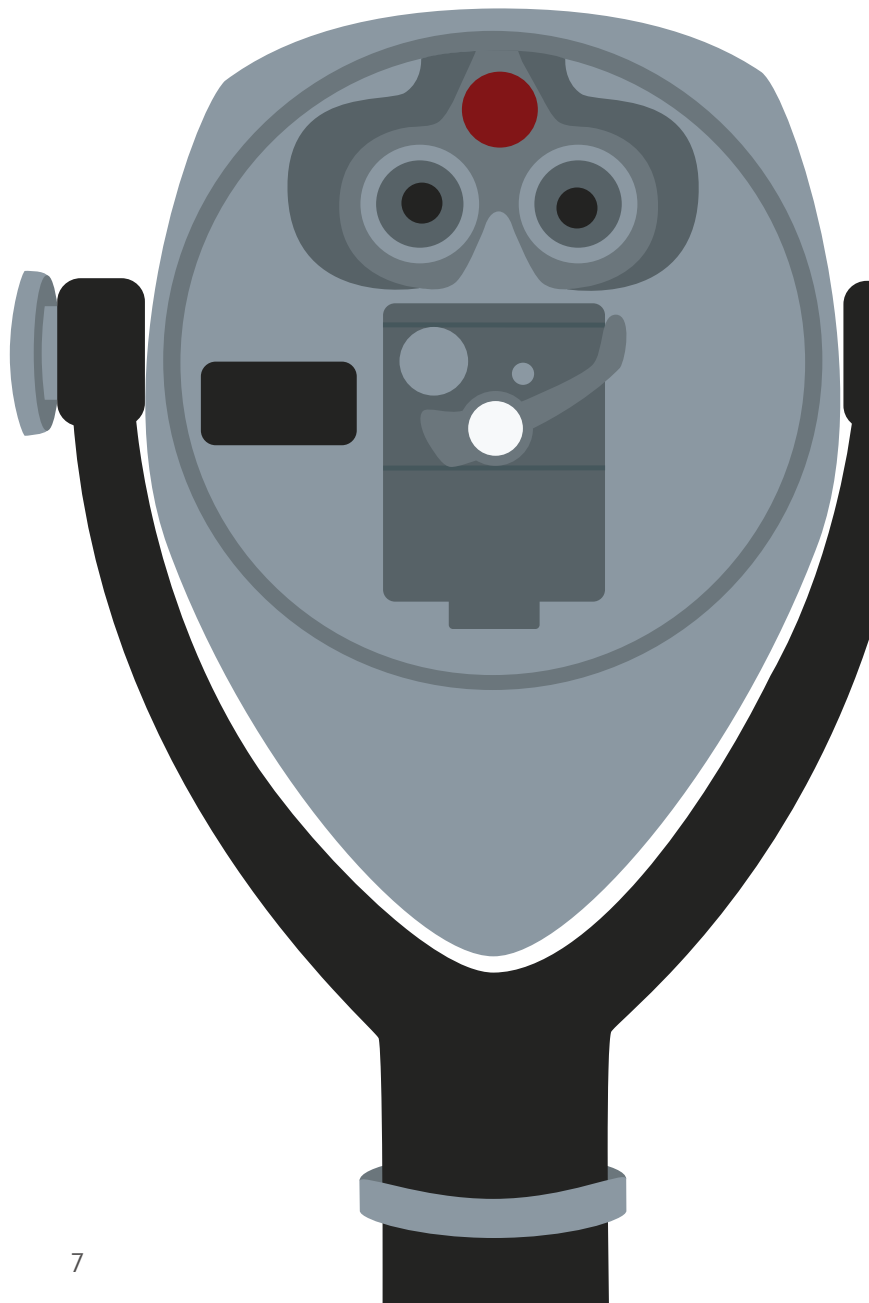
Zoom

LENS

Have you ever been somewhere and looked through a tower viewer? Looking through a tower viewer allows you to see things close that could otherwise be completely unnoticed. Or maybe you've used the zoom lens to take a picture on your phone. It's easy to quickly zoom into whatever you want to bring it into focus, making that one thing crystal clear.

In the Gospels, Jesus seemed to have a built-in tower viewer: a zoom lens. Many times, we find that He is among crowds of people, and it's in these crowds that He zooms in on the one, who might have otherwise gone completely unnoticed. This is the way of Jesus. When someone stood in front of Him, time stopped. His schedule, His plans, His to do list seemed to take a back seat to the one person standing in front of Him. Jesus changed the world, one person at a time. As you dig deeper into God's Word with your family, start by praying this prayer together:

Jesus, give me Your eyes for the one. Help me to see people the way You see people.



FAMILY DEVOTION

Read Luke 8:40-48 NIV together.

⁴⁰When Jesus returned, a crowd welcomed him. They were all expecting him. ⁴¹Then a man named Jairus came. He was a synagogue leader. He fell at Jesus' feet and begged Jesus to come to his house.

⁴²His only daughter was dying. She was about 12 years old. As Jesus was on his way, the crowds almost crushed him. ⁴³A woman was there who had a sickness that made her bleed. Her sickness had lasted for 12 years. No one could heal her. ⁴⁴She came up behind Jesus and touched the edge of his clothes. Right away her bleeding stopped.

⁴⁵"Who touched me?" Jesus asked. Everyone said they didn't do it. Then Peter said, "Master, the people are crowding and pushing against you." ⁴⁶But Jesus said, "Someone touched me. I know that power has gone out from me." ⁴⁷The woman realized that people would notice her. Shaking with fear, she came and fell at his feet. In front of everyone, she told why she had touched him. She also told how she had been healed in an instant. ⁴⁸Then he said to her, "Dear woman, your faith has healed you. Go in peace."

GO GRAB
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OR
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READ
TOGETHER!

Can you find the word crowd or crowds in these verses? Underline or circle this word every time you see it.

Two people want Jesus' help. Write who they are in the circles below. (vs 41, 43)



The woman who had been sick didn't want to draw attention to herself. She was ok to be unnoticed. So, she just touched Jesus' clothes. Jesus was already going with Jairus to heal his daughter. So, why do you think Jesus stopped and spoke to this woman? Talk about it.

How do you think this woman felt, knowing that not only had she been healed, but that Jesus called her a "daughter" and told her she could have peace?

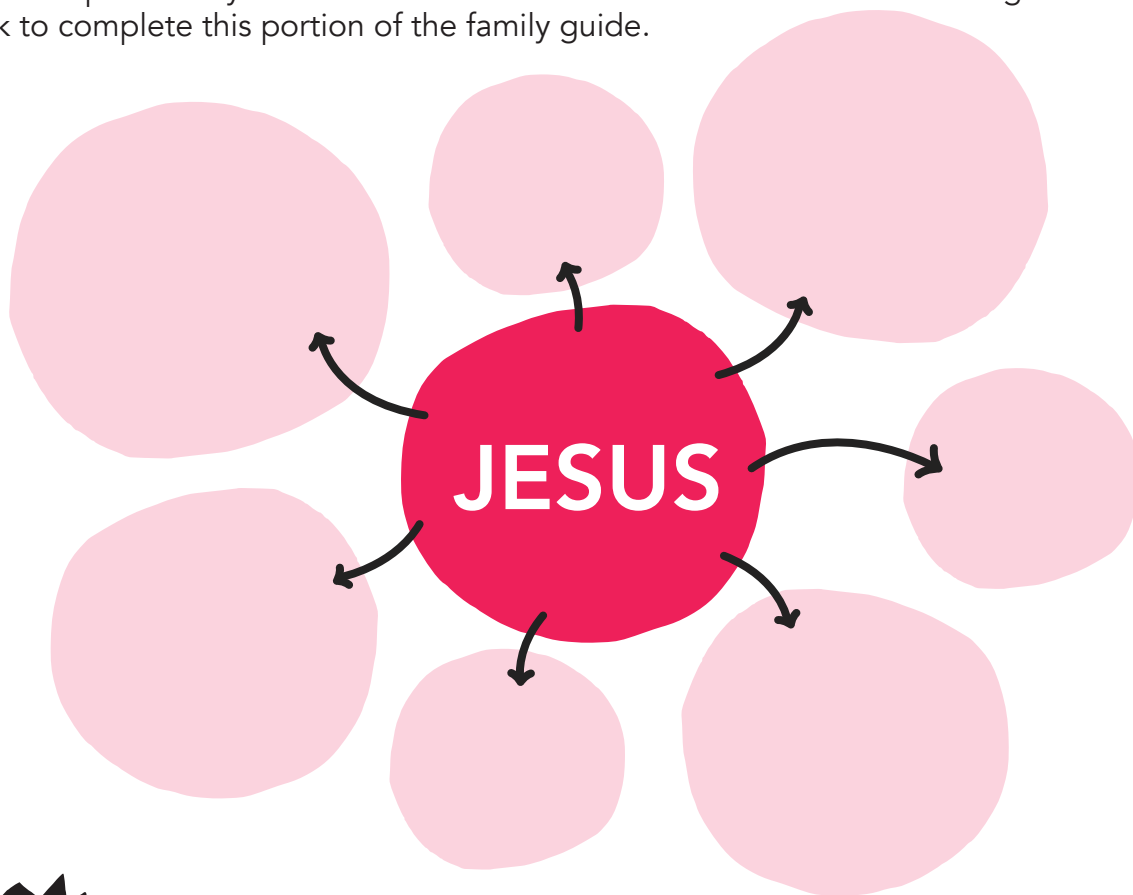
How would you have felt if you were this woman...if Jesus saw you in the crowd and helped you?

FAMILY RESPONSE

Jesus didn't focus on the crowds; He focused on the one. This week, would your family commit to praying this simple prayer?

Jesus, give me Your eyes for the one. Help me to see people the way You see people.

Think about the "crowds" in your life: school, work, neighborhood, home. Pray and ask Jesus to show you one person in your "crowd" who needs to be noticed. Come back together sometime this week to complete this portion of the family guide.



Weekly Recap

Who is someone you noticed? Write down their name in one of the bubbles. Why did you notice them? Together, talk about it! Take a few minutes and pray for the one that Jesus put in your path.



IN
AND
THROUGH

What is your favorite fruit? Most fruits can be found in any grocery store or farmer's market. But, have you ever thought about what it took to get that piece of fruit into your hands? Good fruit is the result of how much the tree has been sustained with water, good soil, and sunshine! If the tree's roots can't get the nutrients it needs to survive, there is no chance of it producing anything worth harvesting.

Jesus was God's Son. While He was on earth, He understood that just like that fruit tree, it was essential that He stay connected to God in order to fulfill God's purpose.

"So Jesus said, 'You will lift up the Son of Man. Then you will know that I am he. You will also know that I do nothing on my own. I speak just what the Father has taught me.'" John 8:28 NIV

How did Jesus know what God wanted of Him? God worked *through* Jesus, because He first did something *in* Jesus. Jesus regularly stayed connected to God through quiet time and prayer. If we want to love people *one at a time*, we must stay connected to God, our Father. How would your relationship with Jesus be different if you started each day by praying this prayer?

Instead of praying, *"God, do something through me,"* pray, *"God, do something in me."*

This week, your family will have the opportunity to try it and see what happens.



FAMILY DEVOTION

Read Mark 1:35-38 NIV together.

³⁵It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There he prayed. ³⁶Simon and his friends went to look for Jesus. ³⁷When they found him, they called out, "Everyone is looking for you!" ³⁸Jesus replied, "Let's go somewhere else. I want to go to the nearby towns. I must preach there also. That is why I have come."



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Why did Jesus leave the house? What did He do? (v. 35)

What did the disciples tell Jesus when they found Him? (v. 37)

What did Jesus tell the disciples? (v. 38)

Jesus made it a habit of connecting to God in prayer. *God did something in Jesus.* Then, Jesus did the work God called Him to do. *God did something through Jesus.* Does your family have regular prayer time? When? Where? If not, don't worry! God can help you start today! Begin by praying this prayer together!

Instead of praying, "*God, do something through me,*" pray, "*God, do something in me.*"

FAMILY RESPONSE

Below, draw a picture of your family.



This week, commit to setting aside five minutes a day to pray together.
Each day, choose one family member and pray this prayer,
"God, do something in _____."



How did your prayer time go this week? Did God reveal anything to you? Together, talk about it! Take a few minutes and pray about how you can create and keep a regular family rhythm of prayer.

Proximity
Principle

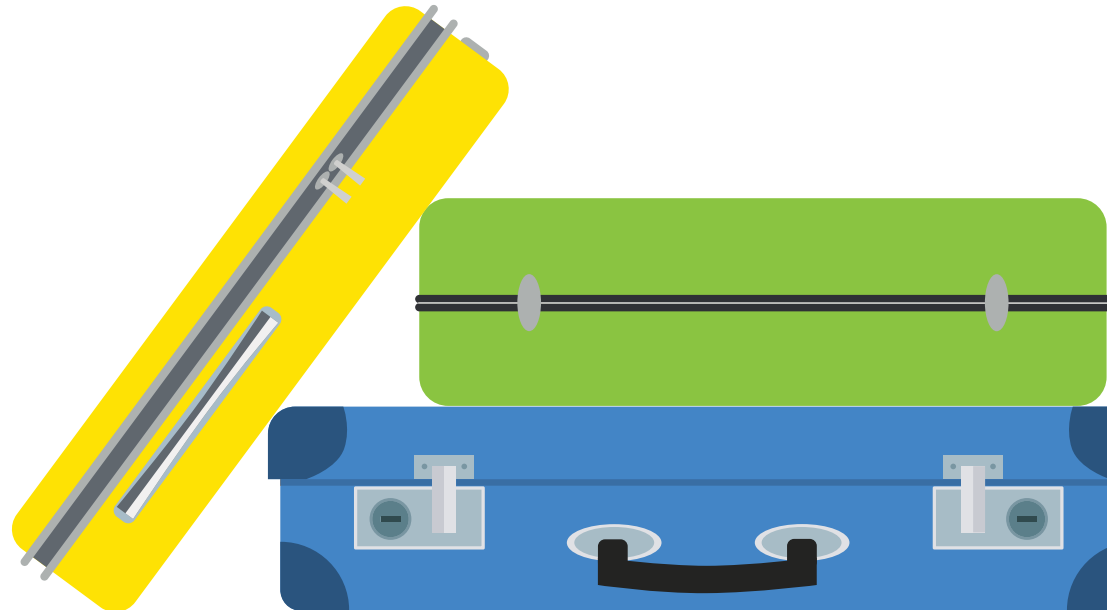
If you were to take a trip somewhere, how would you want to get there? A plane? A boat? A horse-drawn carriage? Did you know that Jesus traveled to all kinds of places and went really far just to love one person at a time. He knew He had to be close to people to love them. He needed proximity.

Proximity means nearness in space, time, or relationship. Jesus understood that people who are hurting can sometimes be difficult, draining, or just different, but they needed to experience His love, forgiveness, and healing, and that couldn't happen from afar.

This week, your family has an opportunity to pray this prayer:

God, show me people who are hurting so I can show them You love them.

Take some time now and dig into God's Word and see how Jesus lived this out.



Family Devotion

Read Mark 4:35-41 NIV together.

³⁵When evening came, Jesus said to his disciples, "Let's go over to the other side of the lake." ³⁶They left the crowd behind. And they took him along in a boat, just as he was. There were also other boats with him. ³⁷A wild storm came up. Waves crashed over the boat. It was about to sink. ³⁸Jesus was in the back, sleeping on a cushion. The disciples woke him up. They said, "Teacher! Don't you care if we drown?" ³⁹He got up and ordered the wind to stop. He said to the waves, "Quiet! Be still!" Then the wind died down. And it was completely calm. ⁴⁰He said to his disciples, "Why are you so afraid? Don't you have any faith at all yet." ⁴¹They were terrified. They asked each other, "Who is this? Even the wind and the waves obey him!"

**GO GRAB
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TOGETHER!**

In order to get to the one person Jesus is trying to reach, He and the disciples spent several hours in a raging storm. How do you think the disciples felt?

Read Mark 5:1-3 NIV together.

¹They went across the Sea of Galilee to the area of the Gerasenes. ²Jesus got out of the boat. A man controlled by an evil spirit came from the tombs to meet him. ³The man lived in the tombs. No one could keep him tied up anymore. Not even a chain could hold him.

Why do you think Jesus traveled all this way to find this man?

Jesus went because He wanted to help this man. The man's life was a wreck. He lived alone, away from everyone, and people did everything they could to avoid him. Not Jesus. Jesus went out of His way to see this man, and because of Jesus, his life was completely changed. He met Jesus and was healed and made whole.

FAMILY RESPONSE

You probably don't have to get into a boat to find someone who is hurting. But, you may need to go somewhere to be in proximity to people who are sad, lonely, or sick, who need to experience Jesus the way that man did, up close and personal. This week, your family will have the opportunity to practice the proximity principle. You can start by praying this prayer together:

God, show me people who are hurting so I can show them You love them.

Jot down places where there are people who are hurting (nursing home, school, church, hospital, neighborhood, maybe even your own home). This week, choose one person from one of those places. Make a plan to visit that person. You could take them flowers or make them a treat, a card, or something you choose. Commit to praying for that person this week.



Weekly Recap

Did you practice the proximity principle this week? How did it go? Was there anyone specifically who was hurting that you were able to love? Pray for that person by name.



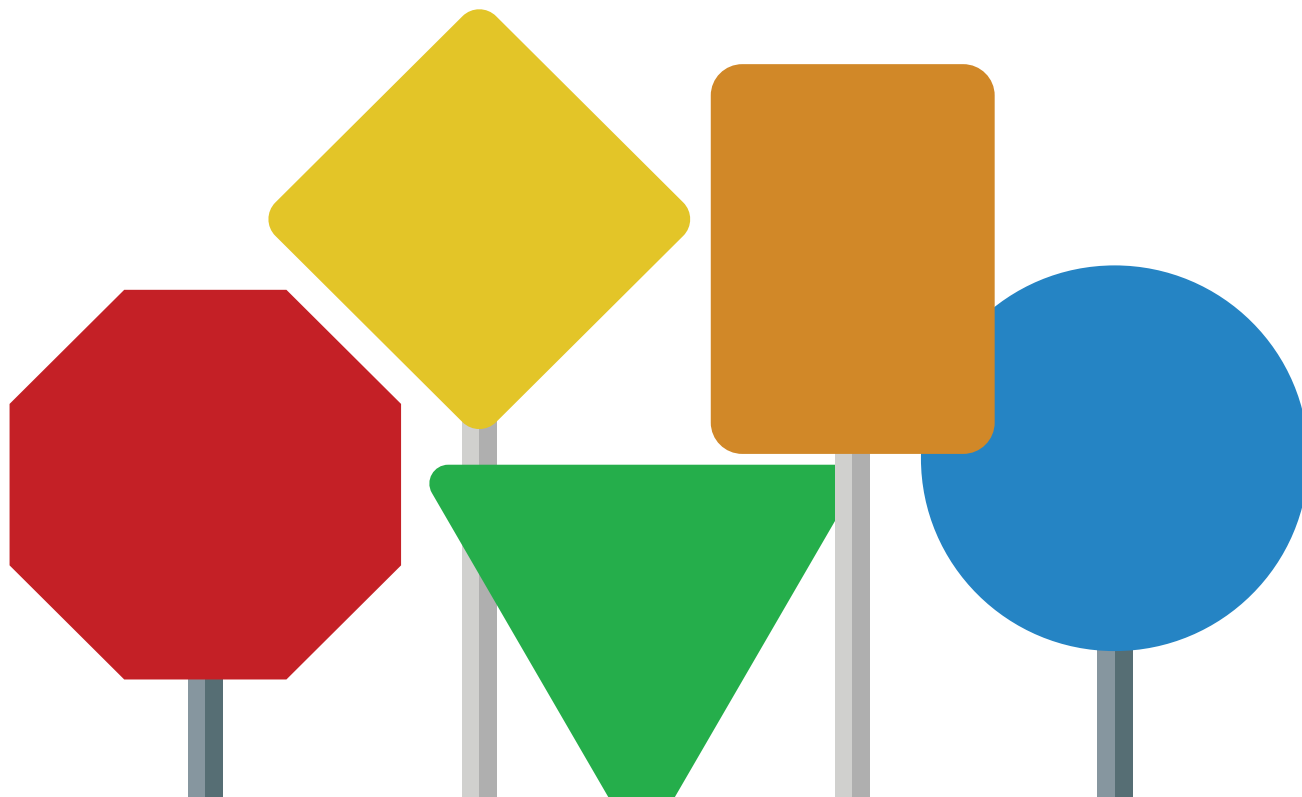
INTERSECTIONS

Have you ever thought about the places in your life where there are intersections? Hallways and streets intersect with one another, creating all kinds of pathways to get to places. People can intersect, too. Have you ever walked around the corner only to find someone unexpectedly coming from the other way in your path? That's an intersection.

This week, we are going to see a story about a time Jesus and His disciples were traveling from Judea to Galilee. Jesus and His disciples traveled quite a bit, so this wasn't unusual. But, it's what John 4:4 NIV states that is a bit peculiar: *"Jesus had to go through Samaria."* What's so unusual about that? Everything. The Jewish people didn't like the Samaritan people. They didn't like them so much that they would walk around Samaria just to avoid them. Yikes! But not Jesus. Jesus was traveling, but the destination He was trying to get to was not a place but a person, a person in Samaria who needed water only He could provide.

This week, your family can discover what it means to intersect with other people in order to share the love of Jesus. You can start by praying this prayer:

God, give me the right words to say the right thing to the right person at the right time.



FAMILY DEVOTION

Read John 4:1-15 NIV together.

³So Jesus left Judea and went back again to Galilee. ⁴Jesus had to go through Samaria. ⁵He came to a town in Samaria called Sychar. It was near the piece of land Jacob had given his son Joseph. ⁶Jacob's well was there. Jesus was tired from the journey. So he sat down by the well. It was about noon. ⁷A woman from Samaria came to get some water. Jesus said to her, "Will you give me a drink?" ⁸His disciples had gone into the town to buy food.



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Have you ever been really thirsty? What is your go-to drink when you are thirsty?

⁹The Samaritan woman said to him, "You are a Jew. I am a Samaritan woman. How can you ask me for a drink?" She said this because Jews don't have anything to do with Samaritans.

This woman knew Jesus wasn't where He should be. In their culture, they should not have intersected. What do you think Jesus was up to?

¹⁰Jesus answered her, "You do not know what God's gift is. And you do not know who is asking you for a drink. If you did, you would have asked him. He would have given you living water."

¹¹"Sir," the woman said, "you don't have anything to get water with. The well is deep. Where can you get this living water?" ¹²Our father Jacob gave us the well. He drank from it himself. So did his sons and his livestock. Are you more important than he is?"

¹³Jesus answered, "Everyone who drinks this water will be thirsty again. ¹⁴But 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."

¹⁵The woman said to him, “Sir, give me this water. Then I will never be thirsty. And I won’t have to keep coming here to get water.”

What do you think the difference is between the water this woman is drawing out of the well and the “living water” Jesus is talking about? (vs. 13-14)

The woman at the well was looking for fulfillment outside of God. Jesus was in the right place at the right time so He could share the right words with her. He showed her that true fulfillment only comes through a relationship with Him. Knowing and following Jesus is “living water.”

According to the culture, Jesus and this woman should never have crossed paths. Their lives should never have intersected. But, Jesus didn’t care about any of that. He cared about reaching the one.



FAMILY RESPONSE

If we want to love people one at a time, then we need to share this truth with others, too! Remember our prayer for this week?

God, give me the right words to say the right thing to the right person at the right time.

When all of those things come together, it has the power to be a life-changing intersection. Think about the places where you normally intersect with others: school, work, your neighborhood, family gatherings. There are people all around you, like the woman in this story, who are thirsty for a relationship with Jesus. They just need someone to tell them. Who is one person you know who needs to know about Jesus? Write their name down here.

As a family, talk about the conversation you would have with this person and make plans to talk with them this week. Pray for that person by name. If you are not sure what to say, use this tool to guide you!



GOD

God is the only sovereign, wise, and good Creator of all things, who reigns as King over all creation for His own glory.

ROMANS 11:33-36



MAN

Human beings were made in God's image to love and worship Him forever. But ever since Adam first rebelled against God, we have all been lost in sin, under God's judgement, and unable to save ourselves.

ROMANS 3:23



CHRIST

Out of undeserved love and grace, God sent His only Son to save us from sin and reconcile us to Himself through Jesus' life, death, and resurrection.

JOHN 3:16



RESPONSE

God offers us His gift of salvation by grace, which we receive through faith in Jesus. He makes us new, calls us to leave sin behind, and invites us to join His work in the world.

EPHESIANS 2:8-10



Who was the one person who you intersected with? Talk about what your experience was like. Commit to praying for your one person.

EXTRA
Mile
MENTALITY

I bet you've heard the phrase "go the extra mile." In our culture today, it can mean to make a special effort to do or achieve something. Practice more, study more, so you can achieve more! We can probably all get behind the concept of "going the extra mile," but in Jesus' day, He turned things upside down when He talked about this phrase.

In Matthew 5:41 NIV, Jesus proclaims, "Suppose someone forces you to go one mile. Go two miles with them." What does He mean when He says, "If someone forces you to go a mile"? And if they are forcing you to go a mile with them, why in the world would you choose to go another?

In Jesus' day, Roman soldiers could make a Jewish person carry their pack one mile, but no further. Imagine if you had places to go and some Roman soldier stopped you, disrupted your schedule, and made you carry his stuff. How annoying! You are busy! You've got school work and chores and practice! When Jesus talked about going the extra mile, He wasn't telling the crowd to work extra hard for something. He wanted them to go the extra mile for someone. Jesus' way was different, for sure. This week, pray this prayer together as a family:

Jesus, help me to see how to help others by going the extra mile.

As a family, take a few minutes and open up the Bible to Matthew 5 and discover how Jesus calls us to love people one at a time.



FAMILY DEVOTION

Matthew 5 is often called *The Sermon on the Mount*. Jesus sat down with His disciples and a big crowd on a mountainside to teach them about how He wanted them to live.

Read Matthew 5:13-15 NIV together.

¹³"You are the salt of the earth. But suppose the salt loses its saltiness. How can it be made salty again? It is no longer good for anything. It will be thrown out. People will walk all over it.

Do you like salt on food? How does salt change the taste of the food you eat?

If salt makes food taste better, how can we be like salt to the people around us?

¹⁴"You are the light of the world. A town built on a hill can't be hidden. ¹⁵Also, people do not light a lamp and put it under a bowl. Instead, they put it on its stand. Then it gives light to everyone in the house. ¹⁶In the same way, let your light shine so others can see it. Then they will see the good things you do. And they will bring glory to your Father who is in heaven."

Why does Jesus say we should be like light? (v. 16)

God made us to be salt, to bring good flavor to those around us, and to be light to those around us so He can be glorified. Throughout the Sermon on the Mount, Jesus teaches many ways we can be salt and light. Today, let's just look at one way.

GO GRAB
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Now, read Matthew 5:41 NIV.

“Suppose someone forces you to go one mile. Go two miles with them.”

Wow! One verse! Jesus sure packed a lot into those two little sentences. How can you go the extra mile for someone, even when it’s difficult or they don’t deserve it?

How do you think going the extra mile shows them salt and light?

Going the extra mile for someone might seem hard or maybe even unfair. Why do you think Jesus calls us to live this way?



FAMILY RESPONSE

Sometimes, loving people the way Jesus did can be hard, but so worth it! This week, your family can practice the extra mile principle. You can start by praying this prayer:

Jesus, help me to see how to help others by going the extra mile.

The extra mile mentality means doing more than what's required. It may not be easy, but those around you will experience how Jesus loved and served people. You don't need to go far to practice this principle. Start in your own home. This week, make it your mission to go the extra mile for the other members of your family. And remember, when you do this, you'll be showing them salt and light.



Weekly Recap

Did you practice the extra mile mentality this week? How did it feel to serve each other this way? What was it like to be on the receiving end? You don't have to stop here! Pray together and ask God to help your family continue to love and serve each other by going the extra mile.

THE
POWER
OF AND

Have you ever felt mad...or sad...or glad? Of course! Everyone has. The emotions we feel on the inside are almost always connected to the people or situations on the outside. Jesus experienced emotions, too. He felt joy, anger, and sorrow. But, one emotion we see all through the Gospels that Jesus exuded was compassion.

Compassion means feeling sympathetic pity and concern for the sufferings or misfortunes of others. You feel sorry for a family member going through a hard time. You feel concerned when you see a friend in need. We can all experience compassion, but if we want to live the Jesus way, *one at a time*, then we need to have compassion and...*do something about it*.

All through the Gospels we see how Jesus set this example for His disciples and the crowds around Him. Compassion led to action. So, where do you start? Begin by praying with your eyes open. Yes...eyes open. That may seem a bit strange, but if we are called to have a compassionate heart for the people around us, then we need to see the people around us. It's where that zoom lens comes into play. The more we practice eyes-open prayers, the more we will see those around us who we might not have noticed at all.

This week, as your family continues to discover the Jesus way of loving people *one at a time*, pray this prayer together:

Jesus, help me to have compassion for people AND do something about it.

Take some time now to open up the Bible and discover how Jesus changed one woman's life when He felt compassion for her...and did something about it.

FAMILY DEVOTION

The Widow at Nain – Luke 7:11-17 NIV

¹¹Some time later, Jesus went to a town called Nain. His disciples and a large crowd went along with him. ¹²He approached the town gate. Just then, a dead person was being carried out. He was the only son of his mother. She was a widow. A large crowd from the town was with her. ¹³When the Lord saw her, he felt sorry for her. So he said, "Don't cry."



GO GRAB
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Jesus was in a large crowd, but He saw someone and felt compassion for her. Who was she? What do we know about her?

¹⁴Then he went up and touched the coffin. Those carrying it stood still. Jesus said, "Young man, I say to you, get up!" ¹⁵The dead man sat up and began to talk. Then Jesus gave him back to his mother.

How did Jesus show compassion for this woman?

¹⁶The people were filled with wonder and praised God. "A great prophet has appeared among us," they said. "God has come to help his people." ¹⁷This news about Jesus spread all through Judea and the whole country.

Wow! Jesus brought this man back to life and gave him back to his mother! If you had been there, what would your reaction have been?

FAMILY RESPONSE

What an amazing story! Jesus felt compassion for a widow who lost her only son and brought that son back to life! Now, the truth is, Jesus had the power to raise someone from the dead. I don't know anyone today who has the power to do something like that. But, the reaction of the crowd gathered said it all: *"God has come to help his people."* When we love people one at a time, when we zoom lens on someone who is hurting, when we feel compassion toward them and do something about their situation in the name of Jesus, that one person can experience God *"who has come to help them."*

Through this next week, your family will have the opportunity to practice "the power of and." You can start by praying this prayer together:

Jesus, help me to have compassion for people AND do something about it.

Have you ever experienced a time when someone felt compassion toward you and did something about it? Talk about it together.

As you are going this week, pray with eyes open for an opportunity to have compassion for someone and be willing to do something about it. You may be at school, in the grocery store, or at work. Remember, you can see a situation, feel compassion and do nothing about it. But, when you love people, *one at a time*, your compassion should lead to action!



Did you practice the power of and? Take a few minutes and share your stories. Pray together and ask God to continue to help the people you encountered this week!

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SE!KIDS
DISCOVER GOD, HIS STORY, AND OUR PLACE IN IT