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A large, stylized teal graphic resembling a leaf or a feather, composed of multiple overlapping, curved lines that create a sense of movement and depth. It is positioned vertically, framing the central text.

*follow-up devotional journal*

ONE GOD. ONE WAY. ONE FAMILY. ONE MISSION.





THIS BOOK BELONGS TO: \_\_\_\_\_

DATE STARTED: \_\_\_\_\_

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*ONE*

*ONE: One God. One Way. One Family. One Mission.*

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“THERE IS ONE BODY  
AND ONE SPIRIT—JUST  
AS YOU WERE CALLED  
TO THE ONE HOPE THAT  
BELONGS TO YOUR  
CALL—ONE LORD, ONE  
FAITH, ONE BAPTISM,  
ONE GOD AND FATHER  
OF ALL, WHO IS OVER  
ALL AND THROUGH  
ALL AND IN ALL.”

*Ephesians 4:4-6*

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# GETTING *started*

So here you are . . .

You're holding an interactive journal that will serve as your guide for an in-depth look at the four main concepts of ONE:

- One God.
- One way to Him.
- One family.
- One mission.

This means at some point in the not-so-distant past you probably spent a few days going through ONE with your youth group. Maybe you thought you were done talking about the concept of one. Maybe you thought you had learned all there was to learn.

## **The truth? You're just getting started.**

This book will take you on a four-week journey of going deeper into who God is, how we can know Him, what it means to live as a Body of believers, and how God wants you to engage with the world. Embrace this journey. Give it your best. Commit to sticking with this book until the end. It will only take a few minutes each day. And you'll find that your life will be richer as a result of spending such quality time in God's presence.

LET'S GET STARTED. LOOK AT THE NEXT PAGE  
TO LEARN HOW THIS BOOK WORKS.

# HOW THIS

## Book Works

### START WITH THIS ADVICE

Whether you're super-committed and read your Bible each day or struggle to read a few verses a couple of times a week, the key to sticking with this through four weeks is commitment. Your routine may change, but your commitment to meet God each day has to be there. Tell yourself that whether or not you read this journal at the same time each day, or if you read it whenever you get a few extra minutes, you'll make it a priority in your daily life.

### HAVE YOUR BIBLE OPEN

Resist the urge to ignore the spots where this book will tell you to read a passage of Scripture. This book is only a guide for the Book. **The close relationship with God that you want only happens by reading and doing what's in the Bible.** Have it open as you go through this book.

### EACH WEEK IS STRUCTURED THE SAME, BUT IS REALLY DIFFERENT

Each week's content works in similar ways. **But, each day is different. And, there are a lot of different kinds of activities.** Some will take 3-5 minutes, some 10-15. Some will ask you to look at two or three passages of Scripture; some will just ask you to think about a concept. The variety will make it easier to stick with and help you learn in different ways that are suited to you.

### WHAT IF I MISS A DAY OF READING? OR THREE?

Don't give up! Take this at your pace! The goal is for you to grow closer to God. If you miss a day or two . . . or four . . . don't throw in the towel. Pick this book back up and start where you left off. **You can do this!** And by doing it, you'll show the world that God makes an incredible difference in the lives of His followers. So, hang in there! You've got this!

Well, that's what you need to know to get started! **Turn the page to read the introduction to Week 1.**

# INTRO

## *week one*

*Before starting Week 1, read this short introduction*

There's nothing new about a world that rejects the notion of "one God."

In ancient times, the Israelites, God's chosen people, were ridiculed for their monotheistic ways. (Monotheism is a fancy way of saying they believed in one, true God. Mono means "one," and theos means "god.") Today is no different.

Our culture laughs at absolute truth statements. The idea of there being one God is either seen as overly simplistic or threateningly intolerant. (You already know this. You're probably an expert on how other people judge Christ-followers.) But God's declaration in Deuteronomy 6, and throughout Scripture, flies in the face of such mockery.

The Bible is clear: there is one true God. Only one. He has a name. He has a history. He has a character. He has a nature. He won't be threatened, diminished, or otherwise moved by the objections of those who refuse to call on Him as Lord. However, He stands lovingly ready to accept all who will come to Him in faith and willing submission.

He is the One. And in this week, you'll have the chance to go deeper in this important truth.

If you're ready to get started, turn to page 10 for Week 1, Day 1.



# WEEK 1 *day one*

*Read today's devotion below answer the questions on page 11.*

The theme verses for your study of ONE are Ephesians 4:4-6:

**“There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.”**

There's a lot going on in these verses! We're going to revisit this passage a few times over the next four weeks. But for this week, let's focus on unpacking what Paul says here in verse 6.

**“ . . . one God and Father of all, who is over all and through all and in all.”**

Paul makes a pretty significant statement here, doesn't he? He says that there is one God. He didn't say one god among many. Or one main god. He says there is only one. He says this God is the father of all, over all things, and through all things, and in all things. How can Paul, writing these words about 30 or so years after Jesus' death, make such statements and feel confident that they are true?

Paul can boldly claim that there is one God, in part, because of the Bible's rich history of affirming this truth. Over and over again in Scripture, spanning across thousands of years of writing, the point was made clear: There is only one God. In fact, you could even say that the Bible itself is the story of this one, true God. It's the record of His interactions with the universe (which He created, btw) and the people in it.

Let's look at a few snapshots from the many places we see God mentioned as “one” and see what we can draw from it.

“Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might.  
— Deuteronomy 6:4-5

- Moses reminded the Israelites who was leading them out of slavery in Egypt and to the Promised Land. Why was it important for them to know God was “one”?

I am the LORD; that is my name; my glory I give to no other, nor my praise to carved idols. — Isaiah 42:8

- If God is truly the one, true God, why is it natural for Him not to want to share glory with any other false god?

For there is one God, and there is one mediator between God and men, the man Christ Jesus. — 1 Timothy 2:5

- Paul affirms the idea of God being one in a letter to the young pastor, Timothy. Why do you think it was important that Timothy build the foundation of his ministry off this truth?

And one of the scribes came up and heard them disputing with one another, and seeing that he answered them well, asked him, “Which commandment is the most important of all?” Jesus answered, “The most important is, ‘Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ — Mark 12:28-30

- When Jesus was asked the most important commandment, He quoted Deuteronomy 6:4-5. What does this say to you about the importance of the truth that God is one?

**Spend some time in prayer today talking to the one, true God, the ONLY God worthy of your love and devotion.**

# WEEK 1 *day two*

*Read through the devotion on page 12 and answer the questions on page 13.*

So, the whole “drop the mic” bit is a little tired. It’s become a fairly overused bit of pop-culture humor, which is a shame because it’s a PERFECT way to describe what Jesus did to a bunch of guys trying to catch Him off guard. See if you agree . . .

Take a second and read Mark 12:28-34. Now, let’s set the stage for what’s happening here. The scribes were religious experts who were debating with Jesus trying to get Him to make a mistake and thus discredit Him and His ministry. The idea is that if they were able to get Jesus to make a wrong answer, or to not know the answer, to a religious question, they would be able to disprove His claims that He was the Son of God. And so they ask a question they think is super-tough.

A scribe asked Jesus to essentially sum up thousands of words of the Jewish Law to choose which law was most important. It is almost an impossible answer. No matter what Jesus said, they would be able to argue against Him. Except that they didn’t see His answer coming.

Jesus answered by quoting Deuteronomy 6. Jesus reaffirmed that the Lord is the only God, and because of this, our response is to be completely devoted to Him. Furthermore, Jesus added a kicker: Because we love God, we should love others too. This was Jesus’ “drop the mic” moment. The scribes were floored. The guy who asked the question actually stated his agreement with Jesus.

Now, let’s take a moment and see how this info applies to your life.

*Think about the passage you just read and answer the following questions:*

1. Can you think why Jesus would respond this way? What does God being the one, true God have to do with it?

2. When Jesus says, “love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength,” He is essentially saying that we must love God completely. Nothing can come between God and us. How does this look in your everyday life?

3. What does God’s “oneness” have to do with being fully committed to Him? Would it be easier or more difficult to devote yourself fully to God if He were one among many? Explain your answer.

4. How does loving others flow out of your love for God?



# WEEK 1 *day three*

*Read the quote below and spend some time today thinking about it.  
Use the prompts on page 15 to help guide your thoughts.*

“THERE ARE MANY CLAIMS THAT VARIOUS GODS EXIST, BUT ONLY ONE GOD CARED ENOUGH TO BECOME A MAN AND DIE ON OUR BEHALF.”

*Josh and Sean McDowell*  
EVIDENCE FOR THE RESURRECTION

*Use these questions to help you reflect on this quote.*

1. This is a true statement. No other world religion has a god who became one of his creations in order to save them. How does this make God unique?

2. Why is it so important? Why is this unique fact essential to who God is?

3. How much do you know about other religions? Do you think a greater knowledge of world religions would help or hurt your faith? What would you have to gain by understanding what other people believe?

# WEEK 1 *day four*

*How does God being the one, true God impact your life?  
Let this activity help guide your response.*

So, we've established that God is one. The question then is how does this truth impact your life? It's a simple question that has profound implications. Instead of being told how this impacts you, take a few minutes and think for yourself. Look at the categories on the opposite page. Ask yourself how God being ONE changes the way you engage with your friends. Or how it changes the way you see them. Or how it changes the way you feel about them. Do the same thing for each category. When you're finished, spend some time asking God to begin changing your heart in order that you may live out these changes.

YOUR FRIENDS

YOUR FAMILY

YOUR COMMUNITY

THE WORLD

# WEEK 1 *day five*

*Knowing that God is “one” is important. But there’s more to God than just His “oneness.” Keep reading to find out more.*

You know what an attribute is, right? An attribute is nothing more than a characteristic. It is an essential part of what makes you, well, you. Picture one of your parents or guardians. Now, think of a few attributes that describe them. Kind. Giving. Pretty. Funny. Strong. Goofy. Brave. You may very well have used these words, or words like them, to describe a parent/guardian. If you did, you listed their attributes. (A fun exercise might be to write down the attributes that best describe you.)

Did you know that God has attributes too? It’s true.

God is knowable. That’s no small thing. Think about it: He didn’t have to make it to where we could know Him. He could have remained mysterious and set-apart from us. But He didn’t. We have an amazing record in the Bible of His miraculous works, His interactions with us, and glimpses into His character. That’s right. We can know God’s attributes.

God’s “oneness” is one of His attributes. But it’s just one. There are a ton of characteristics that make God who He is. And if we are going to worship Him for being the only true God, we might as well learn more about what makes Him so unique.

You know there’s one God, but how well do you really know Him?

Below you will see SOME (not all) of God's attributes accompanied by verse references. Choose an aspect of God's character that jumps of the page at you. Then, look up some of the verse references. You can do all of them if you want. But identify two or three that are especially meaningful to you. Next, let these verses be on your heart and mind today. Praise God throughout the day for this specific attribute. Remember Him for who He is.

### **GOD'S GOODNESS**

Psalm 16:2, Psalm 31:19, Psalm 86:5, Psalm 119:68, Psalm 143:10, Psalm 145:7, Psalm 145:9

### **GOD'S TRUTHFULNESS**

Psalm 25:5, Psalm 26:3, Psalm 40:10-11, Psalm 43:3, John 14:6

### **GOD'S FAITHFULNESS**

Exodus 34:5-7, Deuteronomy 7:9, Deuteronomy 32:4, Psalm 36:5, Psalm 89:5, Psalm 115:1, Psalm 117:2

### **GOD'S HOLINESS**

1 Samuel 2:2, Psalm 22:3, Psalm 30:4, Psalm 99:3, Psalm 99:5, Psalm 145:21, Revelation 15:4

### **GOD'S FORGIVENESS**

Psalm 25:11, Psalm 32:1, Psalm 79:9, Matthew 6:12, Psalm 130:4, Ephesians 1:7, Psalm 86:5, Daniel 9:9

### **GOD'S RIGHTEOUSNESS**

Job 37:23, Psalm 7:17, Psalm 11:7, Psalm 35:28, Psalm 36:6, Psalm 103:17, Psalm 111:3

# WEEK 1 *day six*

*Worship is the result of encountering God for who He is. Spend some time praising God using the space below.*

When we see God for who He really is, our response is worship. It's that simple. You've spent some time this week learning about God's character. Now, spend some time responding to this with worship.

**Take a moment and worship God for who He is. Write a few sentences telling God how amazing He is.**

**Now, spend a moment confessing your sins to God. Thank Him that He has forgiven you and provided a way for you to be in relationship with Him.**

**Finally, spend a moment telling God about any needs you or any of your friends or family have. Trust Him to meet them according to His will.**

Worshipping God is easy once we truly understand whom it is we're worshipping. Make sure you continue to think about God and His character as you go through your day.

# WEEK 1 *day seven*

Take today off . . . you've earned it.

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If you want, reflect on some of what you have learned. Look back and identify one day in the week that really stood out to you.

## WHAT WAS IT THAT WAS SO MEANINGFUL?

Dwell on this truth today. Think about who God is and how awesome it is to know and worship the one, true God. Listen for what God is trying to show you.

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