



Family Devotional #1 – Our Only Hope

Adapted from *The New City Catechism* (find out more here
- <https://newcitycatechism.com/new-city-catechism/#1>)

Big Truth:

Q: What is our only hope in life and death?

A: That we are not our own but belong—body and soul, both in life and in death—to God and to our Savior Jesus Christ.

Bible Focus:

"For none of us lives for ourselves alone, and none of us dies for ourselves alone. If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord."

— Romans 14:7–8

Let's Think About It:

There are a lot of messages we hear every day—on TV, at school, even in our own hearts.

- **Grownups** might hear: *"If you just have a successful career or a perfect family, then life will finally feel right."*
- **Kids** might think: *"When I grow up and make my own choices, everything will be awesome!"*

Our lives aren't really ours. God made us, gave us breath, and placed us in His world to know Him and glorify Him. We are not our own – we belong to God. And because we belong to God, we don't have to carry the weight of our lives or fears or even our future. Whether we're having a good day or a really hard one, we can say: ***"I am not my own. I belong to Jesus."***

That is the only true hope—not money, not success, not even health or happiness. Only Jesus gives us hope that lasts **in life and in death**.

Family Discussion:

Take turns answering these questions together:

- What are some things you've hoped in lately?
- Why do those things sometimes disappoint us?
- What does it mean to you that "you belong to God"?
- How can remembering this truth change how you live?



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Try This Together!

Object Lesson – "The Belonging Box"

Get a small box or container. As a family, write your names on slips of paper and place them in the box. Then say together: *"We belong to God. He holds our lives in His hands—body and soul, in life and death."*

Keep the box somewhere you'll see it this week as a reminder that your lives are not your own—they are God's.

Closing Prayer:

One person can pray, or take turns saying parts aloud: *"God, thank you that we are not our own. Thank you for making us, loving us, and saving us through Jesus. Help us to remember every day that we belong to You. Amen."*