



ONE

Devotional 2026



**20 YEARS
RESTORING FAMILIES
WITH GOD**



CHAP.11

ONE LIFE

JOHN 10:10 KJVAE

I AM COME THAT THEY MIGHT HAVE LIFE, AND THAT THEY MIGHT HAVE IT MORE ABUNDANTLY.

In him was life; and the life was the light of men.

John 1:4 KJVAE

In the Bible, we can see the meaning of living: having a living relationship with God, communion with Him, His presence, and dependence on Him. To live is to be connected to the source of life which is God Himself; that is, to enjoy a full and abundant life, not simply to exist.

Scripture distinguishes between:

- Life (Bios): To exist (to breathe, to move), the natural life that all living beings possess.
- Life (Zoe): To be aligned with God, to be ONE with Him, to be His living expression. To carry out His will, His purpose. It is to manifest the fruit of the Spirit through our daily actions.

To understand what life is according to our Heavenly Father, we should understand what death is.

The death the Bible speaks of has three aspects:

1. Spiritual death: which is immediate; it is the consequence of sin and occurs the moment of disobedience.
- Breakdown of communion with God: we are separated from His Spirit.
 - Inner separation: we become dependent on our soul, that is, on our natural senses, thoughts, intellect, memories, emotions, and/or feelings. We remain living in the flesh but completely separated from the Spirit.

"but your iniquities have separated between you and your God"

Isaiah 59:2 KJVAE

2. Relational and existential death. This begins to occur after sin:

- The human being is fragmented internally; the Bible shows that man lived in congruence with what he thought, what he felt, what he wanted, and what he did with all of it aligned: he was ONE. After sin that breaks down. The person is divided internally: "I think one thing, but I do another." "I know what is right, but I don't do it." "I want to change, but I can't."

"For the good that I would, I do not: but the evil which I would not, that I do."

Romans 7:19 KJVAE

- Conflict, violence, and pain emerge. The person lives with guilt, shame, fear, and confusion. There is no longer inner peace, only internal struggle. Creation becomes hostile. Death manifests as disorder in life, gradually wearing down and consuming the body. This explains why Adam and Eve hid: because they were already spiritually dead, even though they physically died many years later.

He replied, —I heard you walking in the garden, so I hid. I was afraid because I was naked." The man replied, "It was the woman you gave me who gave me the fruit, and I ate it."

Genesis 3:10,12 NLT

3. Physical Death (Progressive and Inevitable)

- Physical death arises as a consequence of being separated from the source of life, not as an immediate effect. Adam dies physically centuries later, but he was already spiritually dead from the day of His disobedience. Although we can make decisions and take steps to care for ourselves and live a long life, the mind understands, but the heart desires something else. For this reason, many people say, "I know this is harmful, but I do it anyway." This leads us to develop habits that deteriorate our environment, our surroundings, and our own bodies and health. These are things that are slowly killing us, yet we continue doing them.

When Adam sinned, sin entered the world. Adam's sin brought death, so death spread to everyone, for everyone sinned.

Romans 5:12 NLT

The decision to remain dead or to return to life is entirely ours. The Father gives us the choice.

Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live! You can make this choice by loving the Lord your God, obeying him, and committing yourself firmly to him.

Deuteronomy 30:19-20 NLT

Choosing life doesn't just mean returning to the Father but doing so by the path He has determined: His Word, the truth. There is no other way. It means recognizing Him as the source of everything: life, wisdom, strength, provision, peace, joy, and so on. He is the source of life!

... so that everyone who believes in him will have eternal life.

John 3:15 NLT

Application

Based on what you just read, how are you feeling? Are you filled with life (zoe) or just life (bios)?

Do you find coherence between what you think and what you do, what you desire and the decisions you make?

Do you understand that the decision to live in blessing or curse, enjoying an abundant life or one lacking in it, is in your hands? What intentional step will you take today?

Prayer

Heavenly Father, You formed me in my mother's womb and gave me life through Your word. You saw purpose in me, even before I was born. You have paid a high price for me, and I want to die to myself in order to be what You want me to be. I want to live out Your purpose for my life, which I know is abundant and a blessing. Today I choose not to separate myself from You and to be one with You. I choose the abundant life that comes only from You. You are the source of my life, and I want to live in You and for You. I choose to live according to your image and likeness, with a life that reflects You and speaks well of You. And I not only choose to return to You, the only source of life, but to do so by the path you have determined: through your Word. Holy Spirit, I ask that you fill me with Yourself, with Your life and Your abundance, so that I may share that life with others and that they may know You, the only true God, and Jesus Christ, whom You sent. In Jesus' name. Amen!

