

ONE MINUTE THEOLOGY: ATONEMENT

Day 1: AT ONE MOMENT—The Greatest Swap Ever

READ:

2 Corinthians 5:21 – “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”

REFLECT:

Let’s bring back the power of what happened on the cross.

Imagine a cosmic *clothing swap*. Jesus wore our sin—dirty, ragged, shame-stained—and we got His righteousness in return: spotless, accepted, loved. At *one moment* on the cross, Jesus *became* sin. Not just carried it. Not just felt bad about it. He *became it*—so we could become something new.

Your sin went on Him. His perfection went on you.

And when God looks at you now? He sees Jesus. He sees righteousness. He sees “mine.”

JOURNAL:

- What emotions rise up when you hear: “God sees Jesus when He sees you”?
 - How does it change your approach to God knowing your sin is already paid for?
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Day 2: Separation Solved

READ:

Genesis 3:6–7, Romans 5:12, John 1:14

REFLECT:

The garden was perfect... until Adam and Eve decided their way was better than God’s. We blame the apple—but the issue was always the heart.

The moment they ate, separation entered. Heaven and earth split. Sin fractured everything. God could have stayed distant. But He didn’t. He came to *fix the fracture*.

He sent Jesus, *God with skin on*, to live the perfect life we couldn’t. Why? So that in one moment—**atonement**—He could restore everything that had been lost.

The cross wasn’t a plan B. It was the plan from the start. The only One who could bring heaven and earth back together had to be both fully God and fully man.

JOURNAL:

- In what areas of my life do I still feel separated from God?
 - How does Jesus' incarnation (coming in the flesh) restore my relationship with God?
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Day 3: Jesus' Life, Death, and Resurrection—Imputed to You

READ:

Romans 6:4–5, Ephesians 2:4–7

REFLECT:

The atonement isn't just about the death of Jesus. It's about **three things**:

- His **life**—lived perfectly on your behalf
- His **death**—taking the punishment you deserved
- His **resurrection**—conquering sin and death so you could walk in new life

All three are yours now. Given freely. Imputed—that's the theological term. It means credited to your account.

You didn't earn it. Can't lose it. Just receive it.

JOURNAL:

- Which part of Jesus' work—life, death, or resurrection—do I struggle to believe is truly “mine”?
 - What changes when I live as someone fully covered by Jesus?
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Day 4: The View from Heaven—God Sees Jesus in You

READ:

Colossians 3:3–4, Hebrews 10:14

REFLECT:

Here's the craziest part of atonement: when God looks at you, He sees Jesus. Let that land.

He doesn't see your worst day, your shame spiral, your hidden mess.

Because of that one moment on the cross, you are **in Christ**. Hidden in Him. Secure. Spotless. Adopted.

This is where awe lives. You're not tolerated—you're cherished. Not barely forgiven—fully made new.

JOURNAL:

- What lie do I believe about how God sees me?
 - How can I remind myself today that I'm hidden in Christ?
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Day 5: From Striving to Thriving

READ:

John 19:30, 1 John 3:1

REFLECT:

"It is finished." Not *kind of started*. Not *you finish the rest*. Finished.

Yet so many of us are still trying to earn what's already been given. We strive to prove ourselves. We hide when we fail. We think we can out-sin grace.

But the truth is—you can't. There is always enough grace at the cross.

Atonement didn't just free you from sin—it freed you to worship.

To stop striving. To thrive. To live like you're already loved.

JOURNAL:

- Where am I still striving instead of resting in the finished work of Jesus?
 - What would change in my life if I believed "it is finished" was actually true?
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Atonement Worship Playlist: "At One Moment"

1. **"Jesus Paid It All"** – Passion, Kristian Stanfill
2. **"Run to the Father"** – Cody Carnes
3. **"Living Hope"** – Phil Wickham
4. **"Who You Say I Am"** – Hillsong Worship
5. **"It Is Finished"** – Passion, Melodie Malone