

One Thing

Big Idea

We all have a divine purpose to fulfill, but the most important thing we do throughout our lives is develop our relationship with God. This relationship is our source for every good thing we hope to do on this earth – it is our lifeline and our strength. When writing to the Philippians in the New Testament, the Apostle Paul spoke of his unrelenting pursuit of His purpose and the “one thing” that He did that made him successful in his Christian life. As one of the leaders of the persecution of the early Christian church, if Paul let himself remain focused on his past sin and failure, it would paralyze any hope he had of moving forward to make a difference for the Kingdom of God. Paul described his “one thing” this way: “One thing I do: forgetting what is behind and straining toward what is ahead...” Based on our personal areas of weakness, each of us has a “one thing” that makes all the difference as we pursue our relationship with God and the purpose He has for our lives. For Paul, it was letting go of his past on a daily basis. For others of us, it may be shutting down the voice of fear, maintaining proper perspective on life, or establishing our personal identity on the foundation of God’s Word. As each of us is unique, our “one thing” may be equally unique. This week’s challenge is for us to identify our “one thing” and make a fresh commitment to it as we continue to grow in our relationship with God.

*“Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But **one thing I do**: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” – Philippians 3:12-14*

Discussion Questions

- Discuss Paul’s “one thing.” How could Paul’s focus on his past have affected his present and future? How would the Christian world be different if Paul hadn’t been disciplined to let go of his past every day?
- Talk about what your personal “one thing” might be. Discuss the one thing you do that helps you thrive as you pursue your relationship with God.
- Explain how your “one thing” makes a difference in your journey toward your purpose. What barriers does that “one thing” eliminate in your daily life? How might God use that “one thing” and your story to bring freedom to others?

Prayer Focus

Thank God for the fact that He wants an intimate relationship with you. Praise Him for the empowerment of His Spirit to help you fulfill His amazing purpose for your life. Make a fresh commitment before Him to be disciplined in your “one thing.” Ask Him to help you continue to grow closer to Him and equip you to accomplish the mission He’s given you.

Next Step

Take some time this week to identify your “one thing.” Make a fresh commitment to it, and take practical steps to implement it into your daily walk with God. Share your “one thing” with a close friend, and ask them to hold you accountable as you aim to be disciplined in that area.

Leader Tip

Confirm you have re-registered your small group. Reach out to friends personally & through social media to let them know about your small group .