

Lesson 1

One Thing

A 7-Week Study Guide

What are one or two of your favorite sermons? Why are they your favorites?

Hey Life Group Leaders! Welcome to Week 1 and the start of our new Life Group Video Series, "One Thing!" We hope that this series will be uplifting, challenging, and help you find your next step in your journey with God!

This week, you have six questions coming up based on the video lesson this week! Remember that these Leader Notes are to serve as a guide for further and deepening conversation with your Life Group, not as the answers! Enjoy this week's discussion and always remember to ask an extra question such as "Why do you believe that?" to draw out some more conversation from your group members!

To start of this lesson, this is a very simple "get to know you" question with a great opportunity for your whole group to share. It may help if you, as the leader, are transparent and willing to share. This can be a fun way to share stories and learn more about the people in your group.

According to Joshua 1:8, Psalm 16:11, 103:2 and 119:105, what do God's words (as proclaimed through song and sermon) do for us?

Joshua 1:8

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."

Psalm 16:11

"You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."

Psalm 103:2

"Praise the Lord, my soul, and forget not all his benefits—"

Psalm 119:105

"Your word is a lamp for my feet, a light on my path."

According to these passages, if we are to pay attention, follow God's guidance and commands, listen and obey, God will show us the path of life with his light, where we will be prosperous and successful. We will be filled with joy in his presence. What other things does God do for us as we carefully follow him?

Besides being sick or out of town, when are you most tempted to skip church?

This is another opportunity for everyone to share. If we are honest, everyone is tempted to stay home or do something other than attend worship services from time to time. Everyone will have differing answers and perspectives. Remember, no snap judgment or quick fixes.

In the lesson, the question was asked, “What are some of us missing about the presence of God that keeps us from seeking it like David talks about in Psalm 24:7?” What’s your answer to this question? Why don’t we have the desire to be in the presence of God like David?

Psalm 24:7 reads, “Lift up your heads, you gates; be lifted up, you ancient doors, that the King of glory may come in.”

This is another opportunity for everyone in the group to share their thoughts. Even if they have not thought about this situation very long, based on the sermon from this past weekend and the lesson from the video, encourage everyone to share some of the things they might be missing about the presence of God.

Some answers may include that they don’t know what it’s supposed to feel like. Some may be waiting for an extreme encounter like the “burning bush” or the mount Zion experiences that Moses had. Clearly God can and has communicated or shown his presence in that fashion. But mostly he communicates in a whisper (1 Kings 19:12) or through the kind, loving words of other people, and we do not even notice at first if we’re not looking for it.

We are missing out on his comfort and peace; his strength; his discernment; his way out of temptation; his direction for our next step ... what other opportunities are we missing by not noticing or seeking God’s presence?

The last part of this question is asking for introspective looks at why each of us do not seek God’s presence. Some of us are scared. Some of us really don’t want God around because we’re afraid of what he might do to us. This is a sad unveiling of how we view God. We are missing out on his loving and peaceful embrace with all expectations of the gigantic cosmic flyswatter ready to squash us when we do wrong. That interpretation of God could not be any more false, but it keeps many people very far away from God’s presence.

Read Hebrews 10:24-25. When it comes to Christians gathering together, what's at stake? Why does it matter? What are some potential long-term effects of not meeting consistently?

Hebrews 10:24-25 reads, "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."

As far back as was the creation of God's people, he has called us all together on a regular basis to worship and fellowship together. There has never been a time in history when God wanted everyone to stay in their separate corners and be individuals for long periods of time. Corporate worship and fellowship has always been and will always continue to be a major part of God's plan. There is also an energy and excitement with likeminded Jesus followers together worshipping. The Holy Spirit can really be felt in times of heart felt corporate worship.

We are missing the warm embrace of our brothers and sisters in Christ. Physical touch brings feelings of intimacy and love. There is an energy when two people who care about each other, embrace and share warm smiles with loving words of affirmation and care. Nothing else comes close. Being in a bubble at arm's length from everyone else leaves us alone and missing out on how God created for us to live in community.

How does Acts 2:42 describe the early church's care for one another? How do you see churches exercising these practices today?

Acts 2:42 reads, "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."

The simple answer is that early church got together to learn how to live as true Jesus followers, to talk and eat together, and to pray with one another.

Some people are really good at doing this very thing. You and your Life Group may be that group of people! Many gather together to worship, then they hang out after service and talk, often followed by a meal at a local restaurant. Maybe even In N Out! Wherever your food comes from, this is a spiritually, mentally, and emotionally healthy way routine of life together! However, some view their attendance at church as a check mark in a box that they feel is sufficient to

keeping God happy with them. That seems to be missing the concept that God wants us to follow in regular church attendance and living with other believers and friends.

What is one thing you can do this week to make or keep church a priority in your life?

To close this lesson up for this week, this is a good opportunity for everyone to share something that they learned or a next step in their walk with Jesus. No answer is the perfect answer as many will have a varied next step. Remember, no snap judgments or quick fixes.

Take a few minutes to:

- Write down one personal takeaway from this lesson.
- Now, write about how this takeaway could be applied to your life.
- Finally, if you're comfortable doing so, share your takeaway and life application with the group.

If you have a chance to give the group time to do this exercise, it would be good ... but don't feel pressure to rush through the other questions (if you're having healthy discussion) to do this exercise. If you run out of time but still want to take part in this exercise one idea is for group members to do this on their own time during the week and share what they've written with other group members via email or text.