One Thing A 7-Week Study Guide





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.

Philippians 3:13

Play the "One Thing to Do" video lesson.

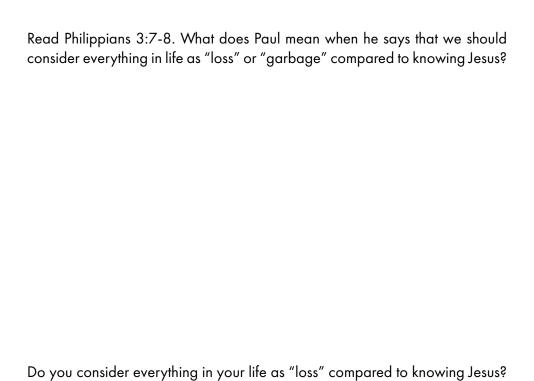
Share about one of the following:

- A time when you started something (a project, class, hobby, etc.)
- You believed you succeeded something but failed (test, class, etc.)
- Thought a date went well but later found out the other person didn't

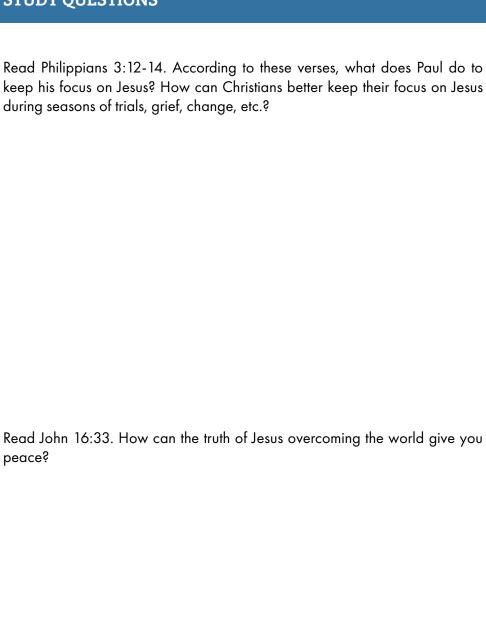
Which of the following best describes you right now and why?

- You're coming out of a valley.
- You're in a valley.
- You're not in a valley.

not?



Now, before you answer, think about that question again... Do you really consider everything in your life as "loss" compared to knowing Jesus? Why or why



What is one thing you can do this week to keep your focus on Jesus?