

One Thing

A 7-Week Study Guide

One Thing



**ONE THING
TO CHOOSE**

Lesson Three

*...but few things
are needed—
or indeed only one.
Mary has chosen
what is better,
and it will not
be taken away
from her.”*

Luke 10:42

STUDY QUESTIONS

Play the “One Thing to Choose” video lesson.

What comes to mind when you hear or read the word worship?

Have someone in the group read Luke 10:38-42. What are some differences between Martha and Mary? Can you relate more with Mary or Martha? Have you ever felt like Martha?

STUDY QUESTIONS

In the lesson we learned that, "Worship is important because what we worship ends up taking our time, devotion, and resources. It demands our full attention and what we worship actually owns us." What is it in your life that regularly competes with Jesus for your devotion?

How can you choose to worship Jesus above all else? What are some changes that you've made in your life or need to make so Jesus can have your full devotion?

STUDY QUESTIONS

After reading Hebrews 4:12, discuss how the daily reading and studying of scripture can make us better worshipers.

The lesson reminded us that, "Worshiping Jesus is absolutely necessary because it brings us the rest that we need: Spiritual, emotional, and even physical rest. It is the act of surrendering all of who we are at the foot of Jesus." How does viewing worship as surrender give us rest?

STUDY QUESTIONS

What can you choose to do this week so that you can deepen your worship?