

One Thing

A 7-Week Study Guide

One Thing



Lesson One

*One thing I ask
from the Lord,
this only do I seek:
that I may dwell in
the house of the Lord
all the days of my life,
to gaze on the
beauty of the Lord
and to seek him in
his temple.*

Psalm 27:4

STUDY QUESTIONS

Play the “One Thing to Seek” video lesson.

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

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?

STUDY QUESTIONS

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

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?

STUDY QUESTIONS

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?

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

STUDY QUESTIONS

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

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Lesson Two

***Some Pharisees
came and tested
him by asking,
"Is it lawful
for a man to
divorce his wife?"***

Mark 10:2

STUDY QUESTIONS

Play the “One Thing to Prioritize” video lesson.

Share about a time when you lost something that was important to you... it could be a toy you lost as a kid, an item you misplaced but then found, etc. What lessons did you learn from the experience?

What gives you comfort and security in life? How do you cope with difficult seasons in life? Who or what do you turn to?

STUDY QUESTIONS

Read Matthew 19:16-22. What are your impressions of this young man? Do you admire any of his qualities? Do you feel sorry for him? Can you relate with him? Why or why not?

Christian Attention Deficit Disorder was mentioned in the lesson. To put that idea in the form of a question: What keeps you from surrendering all of your attentions, affections, and desires to Jesus? What keeps you from surrendering that one habit or that one thing to Jesus? What are you afraid of losing?

STUDY QUESTIONS

What could you gain if you surrender _____ in your life so you can grow closer to Jesus?

How do your decisions and actions show others that Jesus, salvation, the church, and unbelievers are important to you?

STUDY QUESTIONS

As was said in the lesson, you need to empty yourself of yourself? What's one next step you can take that will help you surrender something that might be holding you back from Jesus?

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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?

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Lesson Four

*I would like to
learn just one thing
from you:
Did you receive the
Spirit by the
works of the law,
or by believing
what you heard?*

Galatians 3:2

STUDY QUESTIONS

Play the “One Thing to Believe” video lesson.

Share about one of the following:

- Tried to help someone but made the situation or project worse.
- Gave advice that turned out to be less-than-helpful.
- Had an idea that you thought was brilliant but ended up bombing!

How do you handle failure and/or helplessness? What are your unhealthy reactions? What are some healthy ways that you deal with failure?

STUDY QUESTIONS

Read Ephesians 2:8-9. Instead of bragging on your achievements, take a moment and brag about how God saved you! You can share a bit from your testimony or share a recent experience where God helped you.

If someone asked you what Colossians 1:21-22 means, how would you explain these verses?

STUDY QUESTIONS

Why is it so challenging for Christians to trust that Jesus alone saves us?

After reading Galatians 3:2, share with the group about how the Spirit is moving in your life.

STUDY QUESTIONS

As was shared in the lesson, spending 10-30 minutes this week doing nothing and realizing that this is how much you contribute to your salvation.

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**ONE THING
TO REMEMBER**

Lesson Five

*But do not forget
this one thing,
dear friends:
With the Lord a day is
like a thousand years,
and a thousand
years are like a day.*

2 Peter 3:8

STUDY QUESTIONS

Play the “One Thing to Remember” video lesson.

Are you someone who usually procrastinates or likes to prepare?

Jesus is returning. What thoughts or feelings do you have when you hear or read that sentence?

STUDY QUESTIONS

Read 1 John 4:18. Why do you think some Christians fear Jesus's return even though the event is actually a promise that fulfills God's love?

According to 2 Peter 3:8-9, why is God patient with people? How can you be more patient with others as God is patient with you?

STUDY QUESTIONS

Read 2 Peter 3:10-12. How are you living with *heavenly intentionality*? In other words, how is Christ's imminent return impacting your decisions, thoughts, views, attitude, treatment of others, etc.?

Read Hebrews 13:21. What good things God has equipped you with so you can live for Him and His will?

STUDY QUESTIONS

What is one thing you can do or remember so you can live with more heavenly intentionality?

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**ONE THING
TO KNOW**

Lesson Six

*He replied,
"Whether he is a
sinner or not,
I don't know.
One thing I do know.
I was blind
but now I see!"*

John 9:25

STUDY QUESTIONS

Play the “One Thing to Know” video lesson.

What are one or two of the most memorable testimonies that you’ve heard?

Read Acts 4:13. What astonished the leaders? Where did the power that astounded the leaders come from? How have you seen that same power at work in the lives of others?

STUDY QUESTIONS

Read Romans 12:9 and 1 Peter 3:15. What do Paul and Peter write about sharing our faith? How might we lose influence if the sharing of our testimony is heavy handed or comes with an agenda other than Jesus?

In the lesson, the point was made that if we're obedient to Jesus and consistent in our character then opportunities to share our faith will come. How have you seen this true in your life or in the lives of others?

STUDY QUESTIONS

What does it look like to focus on the Gospel as we share our testimony?

Our Christian testimony is comprised of 3 elements:

- Who we were before trusting Christ
- How we came to know and trust Him
- What changed in our life as a result

Practice sharing: have some people briefly share an answer to one of the 3 elements.

STUDY QUESTIONS

Have you ever written down your testimony? If not, keeping in mind what Pastor Dusty shared and what your group discussed, take some time this week to write down your testimony.

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**ONE THING
TO DO**

Lesson Seven

***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

STUDY QUESTIONS

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.

STUDY QUESTIONS

Read Philippians 3:7-8. What does Paul mean when he says that we should consider everything in life as “loss” or “garbage” compared to knowing Jesus?

Do you consider everything in your life as “loss” compared to knowing Jesus? 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 not?

STUDY QUESTIONS

Read Philippians 3:12-14. According to these verses, what does Paul do to keep his focus on Jesus? How can Christians better keep their focus on Jesus during seasons of trials, grief, change, etc.?

Read John 16:33. How can the truth of Jesus overcoming the world give you peace?

STUDY QUESTIONS

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