One Thing

Adam Willingham

INTRODUCTION

- When we get so overwhelmed, it can pull our attention away from the one thing that really matters.
- The one thing is the Lord and serving him, the Lord and pleasing him, the Lord and being with him one day.
- The main takeaway that we're going to emphasize is super simple. Live for the one thing that truly matters.

1 Live for the One Thing When Life Is Busy

Luke 10:38–42

- Martha, you are worried and bothered about so many things. But only one thing is necessary. For Mary has chosen the good part, which shall not be taken away from her.
- But she's doing what is good to the exclusion of what is best.
- Sometimes the challenge is choosing what is best over what is good.
- Never allow your worries, frustrations, responsibilities, or distractions to take priority over Jesus.
- If he can take devout Christians and just distract us with stuff that's good, then we have pulled our attention away from the one thing that actually matters.

2 Live for the One Thing When Trials Abound

Psalm 27:4; Psalm 27:5–6

- One thing I have asked from the Lord that I shall seek, that I may dwell in the house of the Lord all the days of my life to behold the beauty of the Lord.
- Our single greatest desire should be to dwell in God's presence, the only place where we will find true peace and safety.
- And the ultimate application of this, of course, is heaven.
- I want to encourage you to take time to meditate on heaven every day. Even if it's just five minutes.
- I would take my eyes off of heaven and I would put my attention on my struggles. And whatever we give attention to is what's going to direct our life.
- If there's any time you need to be focusing on heaven and focusing on the one thing that truly matters, it's when we're struggling.

3 Live for the One Thing When Complacency Creeps In

Philippians 3:13–14; 1 Corinthians 9; 2 Timothy 4

- One thing I do, forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.
- Anytime we're doing well spiritually, there's a temptation to grow complacent.
- It's not just the failures we have to forget. It's the successes too. So we don't rest on our laurels.

- Doesn't matter how you start, it matters how you finish.
- You're never going to run your way fast enough into heaven. Can't do it. Can't earn it. We do it so that we may reach our spiritual potential.
- The only way to combat spiritual complacency is to constantly reach forward to heaven.

> THE CHALLENGE
>
> **What changes do you maybe need to make in your life? And what changes are you going to make starting today?**

MY NOTES