



CELL GUIDE

TOPIC	The One Thing	SPEAKER	Ps Daniel Foo
THEME	The Righteousness of God	DATE	26 & 27 Sep 2026

MESSAGE SUMMARY

INTRODUCTION

In our busy lives, there are always many things competing for our attention: our work, family, responsibilities, relationships and even ministry. But in the midst of all these things, Jesus reminds us that there is one thing that is truly necessary. The One Thing is about putting God at the centre—learning to be still before Him, seeking Him wholeheartedly, and continuing to press forward in obedience. Ultimately, it is about cultivating a vibrant and intimate relationship with God.

THREE KEY PASSAGES ON THE ONE THING

1) The One Thing of Prioritisation: (Be) Still [Luke 10:41–42; Psalm 46:10]

- Like Mary sitting at Jesus' feet, we need to **stop, be still, and listen to Jesus before we act**.
- Life brings many stresses, responsibilities, roles and worries, but these should not displace our relationship with God.
- Our heart posture should be one of **silence, solitude and regularly spending time alone with God**.
- Jesus should be the Centre from which everything in our lives flow (Col 1:17, Heb 1:3b, Matt 6:33, Ps 46:10a, 2 Sam 7:18, Ps 1:1).
- The emphasis is to **listen and receive from God before doing anything**, even making our first waking moment a time to commune with Him rather than immediately reaching for the phone.
- We should pay attention to both **God's Word** and the **inward witness of the Holy Spirit**.
- The Holy Spirit will give us insights (Heb 8:10), downloads (Heb 10:16), illumination (Eph 1:18), spiritual understanding (1 Cor 2:9-14), and the hearing of faith (Gal 3:2,5).

Ps Daniel Foo shared on some areas in our lives to constantly check with the Lord:

(a) **Person** - There are three aspects to our being:

1. Character (Heb 12:1)

Our carnal self-life and/or sinful nature will continue to stumble us from a life of Christlikeness.

2. Personal baggage (Heb 12:1)

Our personal baggage includes unhealed hurts, unmet needs, unresolved issues, weakness & infirmities, certain relationships, certain activities, constant worries, past failures and regrets.

3. Taking care of our whole being (1 Thess 5:23)

Body: Rest, Exercise, and Diet (Prov 3:8 & 4:22, Rom 8:11).

Soul: Renewed Mind (Rom 12:1-2), Spirit-led Emotion (Gal 5:22-23), Yielded Will (Col 1:9-10).

Spirit: Relationship with God, Conscience, and Discernment.

(b) Purpose

Our purpose is to fulfil the good works God preordained for us to do in our roles and responsibilities in life by being the salt and light in our marketplace, ambassadors of Christ, effective priest and king, and to make disciples and turn lives Godward.

(c) People

We should get away from people who subtract and divide our life (1 Cor 15:33). Be with people who value-add to your life (Heb 10:24-25), and keep company with godly and wise people (Prov 13:20).

(d) Possessions

Develop Godly stewardship of wealth, time and resources. Know the difference between bread and seed (2 Cor 9:10) and develop Godly contentment (1 Tim 6:6). Be plugged in the love relationship with the Father (1 John 2:15-16), and refrain from letting our significance and self-esteem be derived from these possessions. Our priority is to be spiritually rich.

2) The One Thing of Pursuit: Seek [Ps 27:4]

- The goal is to **experience and appreciate the beauty of an intimate relationship with God**.
- We are encouraged to remember how God has come through for us: answered prayers, past victories, His guidance, provision, healing and divine moments of His closeness.
- To seek God means to **pursue holiness**:
 - Pursue peace and holiness (Hebrews 12:14).
 - Separate ourselves from things that draw us away from God (2 Corinthians 6:14–17).
- To seek God also means to **pursue His will**.
 - Walk wisely and understand what the will of the Lord is (Ephesians 5:15–17).
 - Be filled with the knowledge of His will so that we can walk worthy of Him and be fruitful (Colossians 1:9–11).

3) The One Thing of Perseverance: Stretch [Phil 3:13-14]

- Following God requires perseverance and a willingness to **keep moving forward**.
- Paul speaks of **forgetting what is behind and reaching forward to what lies ahead**.
- We need to lay aside the things that hinder us, including: unhealed hurts and wounds; unmet needs; unresolved issues; weaknesses and infirmities; past failures and regrets; unhealthy relationships; constant worries; and activities that hinder our progress.
- Like an athlete, we are called to **discipline ourselves and remain focused on the goal** (1 Cor 9:24–27).
- The ultimate motivation is to **please God, walk in humility and faithfully pursue the calling He has given us**.

CONCLUSION

The sermon brings everything back to maintaining an intimate relationship with God. The closing Scriptures remind us to open the door to Jesus, seek the Lord while He may be found, and continually desire His presence. **This One Thing** calls us to be still, make room for God, and keep Jesus at the centre of our lives.

QUESTIONS

1. What stood out to you from the sermon about keeping Jesus at the centre of your life? What tends to occupy your attention and how does it affect your relationship with God?

Leader's notes – Invite everyone to recall and share one key takeaway. Help the group recognise the everyday distractions that can draw our attention away from God. Emphasise that intimacy with God begins with intentionally making room for Him in our hearts and keeping Jesus at the centre.

2. Which area of your life: your Person, Purpose, People or Possessions, do you sense God prompting you to re-examine? What do you find most challenging about discerning and responding to His direction in that area?

Leader's notes – Encourage members to identify one area: Person, Purpose, People or Possessions, where they sense God prompting them to reflect or make changes. Explore what may make it difficult to discern God's direction. Remind the group that discerning God's will is about growing in intimacy with Him and learning to trust and respond to His leading.

3. The sermon calls us not only to seek God but also to “stretch” forward with perseverance. How will you respond in obedience to pursue God's will and faithfully live out the calling in this season of your life?

Leader's notes – Encourage members to respond to how God may be calling them to stretch beyond their comfort zone. Draw out practical ways they can respond in obedience and perseverance. Remind the group that our goal is to please God by faithfully walking in His calling for this season and to seek the Lord while He may be found.