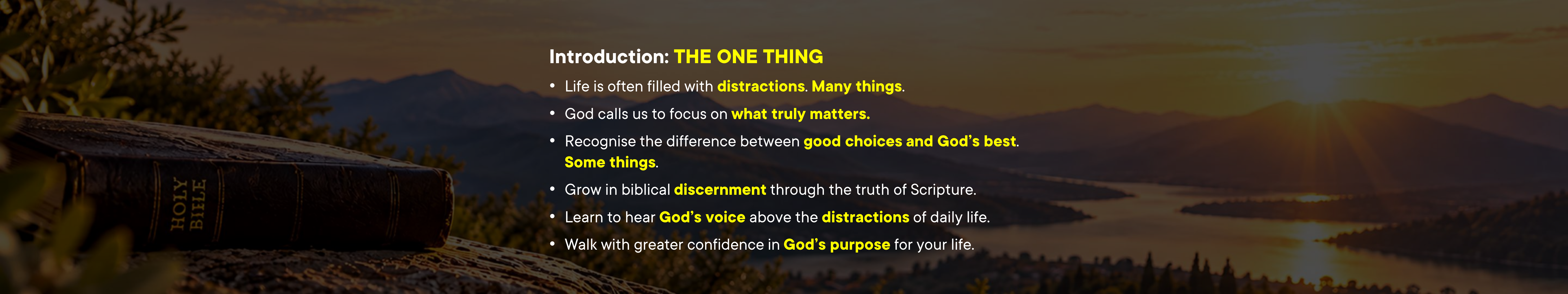


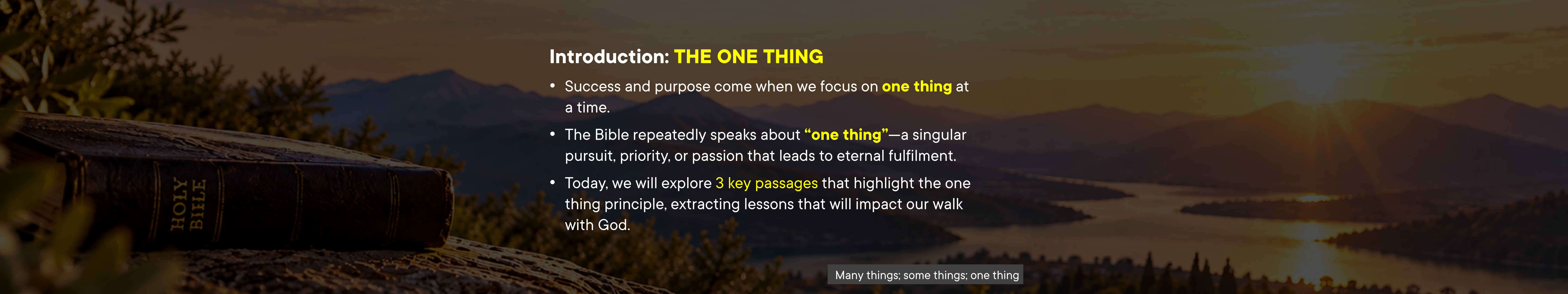
A wide-angle landscape photograph capturing a serene sunset scene. In the foreground, a dark, weathered wooden railing curves across the bottom left corner. To its left, the green leaves of a tree are visible, some in sharp focus and others blurred. The middle ground is dominated by a series of rolling, blue-toned mountain ranges that recede into the distance. The sky is a vibrant canvas of orange, yellow, and light blue, with wispy clouds catching the low sun's light. The sun itself is a bright, glowing orb positioned on the right side of the frame, just above the horizon, with rays of light radiating outwards. Centered in the upper half of the image is the title 'The One Thing'. 'The' is in a small, black, serif font. 'One' is written in a large, elegant, gold-colored script font with a thin underline. 'Thing' is in a large, black, serif font, matching 'The'.

The  
*One* Thing



## Introduction: **THE ONE THING**

- Life is often filled with **distractions. Many things.**
- God calls us to focus on **what truly matters.**
- Recognise the difference between **good choices and God's best. Some things.**
- Grow in biblical **discernment** through the truth of Scripture.
- Learn to hear **God's voice** above the **distractions** of daily life.
- Walk with greater confidence in **God's purpose** for your life.



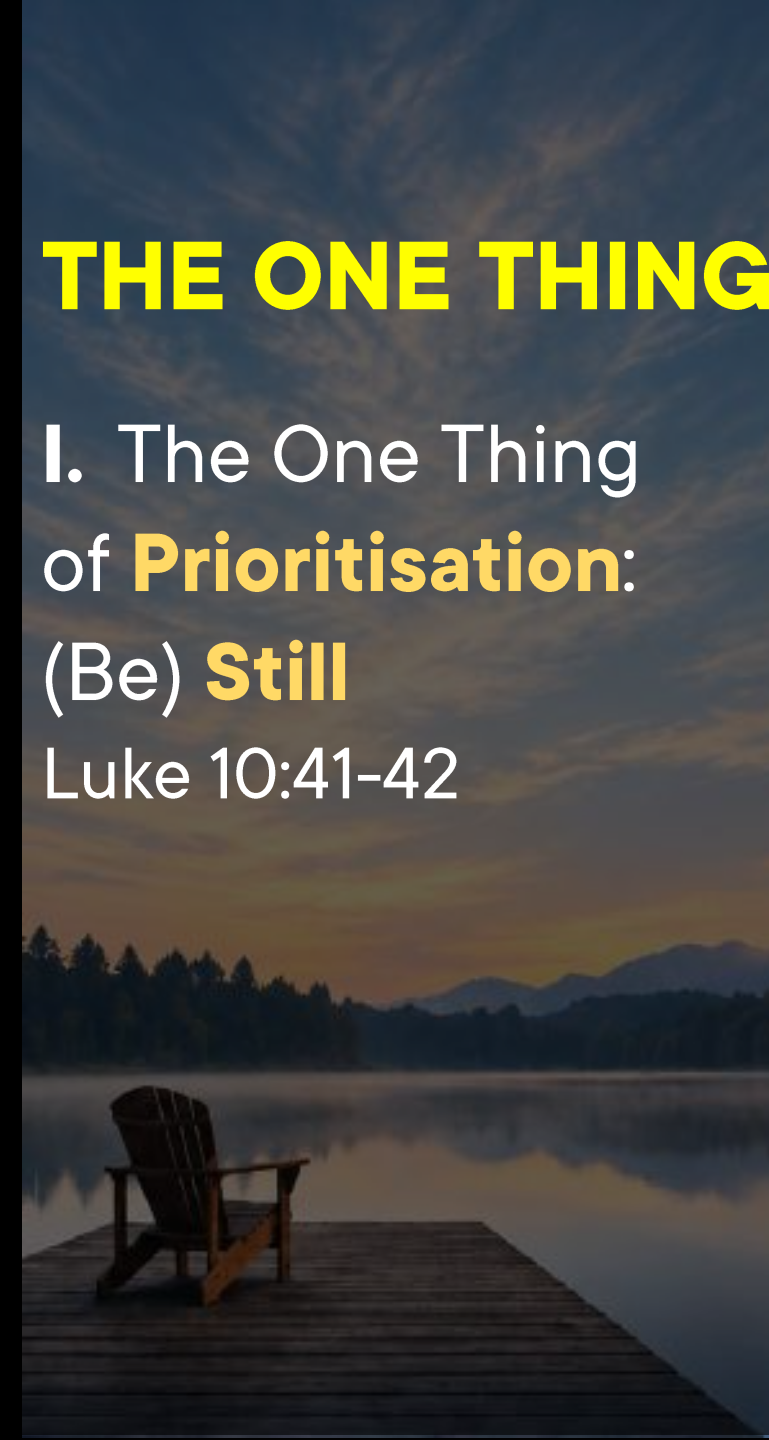
## Introduction: **THE ONE THING**

- Success and purpose come when we focus on **one thing** at a time.
- The Bible repeatedly speaks about “**one thing**”—a singular pursuit, priority, or passion that leads to eternal fulfillment.
- Today, we will explore **3 key passages** that highlight the one thing principle, extracting lessons that will impact our walk with God.

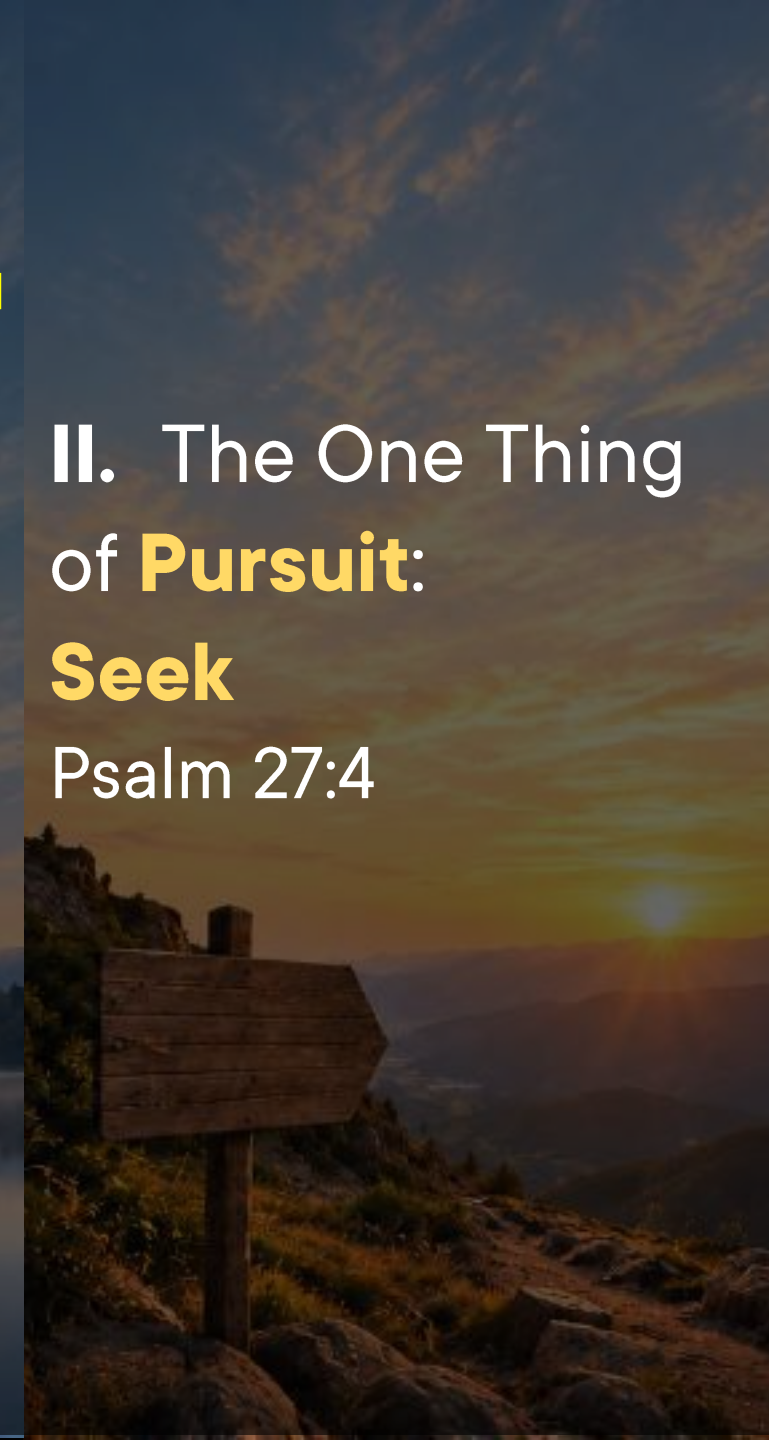
Many things; some things; one thing

## THE ONE THING

I. The One Thing  
of **Prioritisation:**  
(Be) **Still**  
Luke 10:41-42



II. The One Thing  
of **Pursuit:**  
**Seek**  
Psalm 27:4

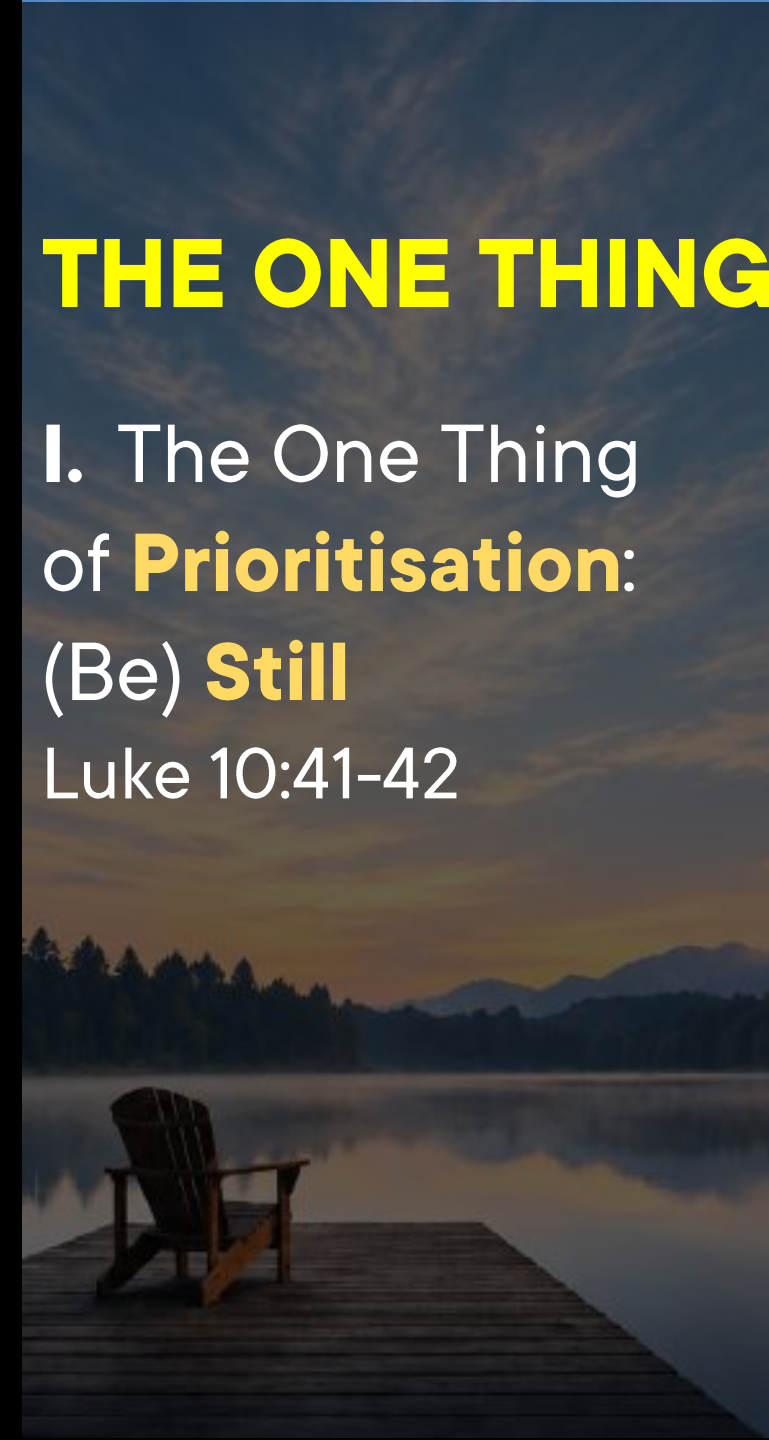


III. The One Thing  
of **Perseverance:**  
**Stretch**  
Philippians 3:13-14



# THE ONE THING

I. The One Thing  
of **Prioritisation:**  
(Be) **Still**  
Luke 10:41-42



# THE ONE THING

## I. The One Thing of **Prioritisation**: (Be) **Still**

Luke 10:41-42

**Luke 10:41** And Jesus answered and said to her, Martha, Martha, you are **worried** and **troubled about many things**.

### **Stress—Anxieties—Worries—Fears—Busyness of Life**

- **Children:** School—studies, bullies, health, homework, exams
- **Parents:** Elderly—health, finances, relational conflicts ...
- **Work:** Bosses, colleagues, customers, transactions—deals ...
- **Church:** Leadership—problem CG members ...

# THE ONE THING

**Luke 10:41-42**

**41** And Jesus answered and said to her, Martha, Martha, you are **worried** and **troubled about many things**. **42** But **one thing** is needed, and **Mary has chosen that good part, which will not be taken away from her.**

One Thing needed:

**Sitting—Be Still** at Jesus' Feet

**Listening and receiving** from Him **before** doing anything.

Silence & Solitude - Practice TAWG  
Cruise Sharings

## THE ONE THING

- I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

**Jesus—the Centre** from which everything  
in our lives flow

### Colossians 1:17

(New English Translation)

He himself is before all things  
and **all things are held  
together in him.**

### Hebrews 1:3b

(NKJV)

... **upholding all things by  
the word of His power.**

## THE ONE THING

- I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

**Jesus—the Centre** from which everything  
in our lives flow

**Psalms 46:10a Be still, and know that I am God**

**2 Samuel 7:18** Then King David went in and **sat before**  
**the Lord ...**

**Do NOT sit with the ungodly, sinners and mockers**  
**—Psalm 1:1**

## THE ONE THING

- I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

**Jesus—the Centre** from which everything  
in our lives flow

**Psalm 46:10a Be still, and know that I am God**

### HOW



Pay attention to:

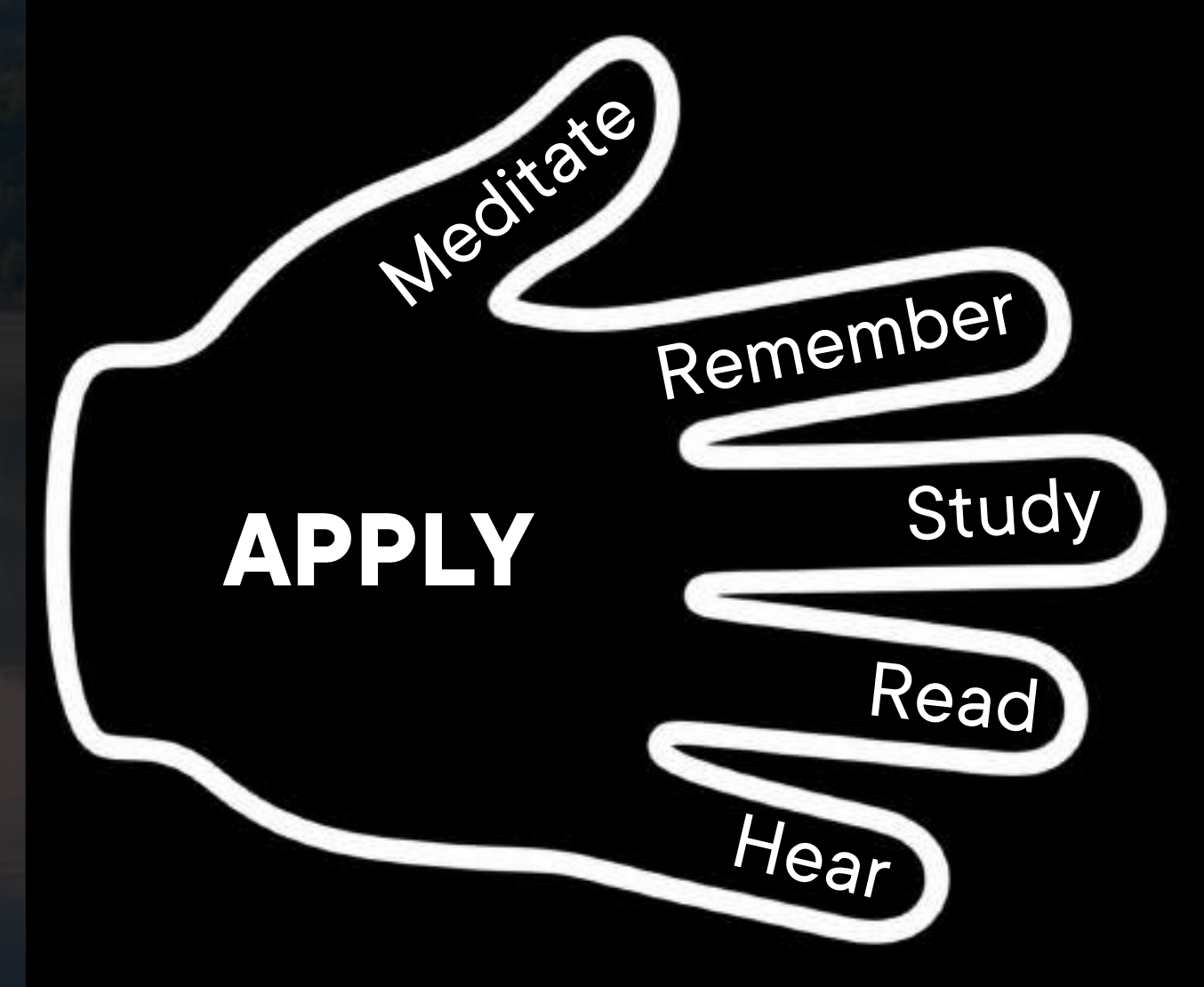
- The **Word** and
- The **Inward Witness**  
of the Holy Spirit

Matthew 6:33

# THE ONE THING

- I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

Pay attention to the **Word--Principles, Values, Commands**



# THE ONE THING

## I. The One Thing of **Prioritisation**: (Be) **Still**

Luke 10:41-42

Pay attention to the **Inward Witness** of the Holy Spirit  
(Romans 8:16). **Prayer is in all the details. Interact with the Holy Spirit.**

- Insights
- **Downloads** (@3-4am)
- Illumination
- **Spiritual Understanding**
- Hearing of Faith

*Hebrews 8:10*

*Hebrews 10:16*

*Ephesians 1:18*

*1 Corinthians 2:9-14*

*Galatians 3:2,5*

## THE ONE THING

- I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

**Some areas** in our lives to constantly **check with the Lord**:



**Person**



**Purpose**



**People**



**Possessions**

## THE ONE THING

I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

**Some areas** in our lives to constantly **check with the Lord**:



**Person**—our being—**3 aspects**:

- our **character**
- our **baggage**
- take care of our **whole being**

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Luke 10:41-42

**Some areas** in our lives to constantly **check with the Lord**:



**Person**—our being—**3 aspects**:

- our **character**



**Hebrews 12:1** ... let us throw off everything that hinders and **the sin that so easily entangles**, and let us run with perseverance the race marked out for us.

### **Sin nature-self-life vs the Christ-life in us (Character)**

#### **The sin that so easily entangles**

95% of the problems in our lives and the Church have nothing to do with God or the devil!

They are due to us living from our **carnal self-life/from our sinful nature** instead of living a life of Christlikeness.

**Some areas** in our lives to constantly **check with the Lord**:



**Person**—our being—**3 aspects**:

- our **character**



**Philippians 1:21** **For to me, to live is Christ,**  
and to die is gain.

**Galatians 2:20** I have been crucified with Christ; it is  
**no longer I who live**, but **Christ lives in me**;  
and the life which I now live in the flesh **I live by faith**  
**in the Son of God**, who loved me and gave Himself  
for me.

**Some areas** in our lives to constantly **check with the Lord**:

 **Person**—our being—**3 aspects**:

- our **character**

## THE ONE THING

I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

**Some areas** in our lives to constantly **check with the Lord**:



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**Hebrews 12:1** ... let us throw off **everything that hinders** ...  
and let us run with perseverance the race marked out for us.

### Personal Baggage

- **Unhealed** hurts – wounds
- **Unmet** needs
- **Unresolved** issues
- Weaknesses & Infirmitities
- Certain **relationships**
- Certain **activities**
- Constant **Worries**
- Past **Failures & Regrets**

**Some areas** in our lives to constantly **check with the Lord**:



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## THE ONE THING

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**Person**—our being—**3 aspects**:

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**Some areas** in our lives to constantly **check with the Lord**:



**Person**—our being—**3 aspects**:

- take care of our **whole being**

**1 Thessalonians 5:23 (NIV)**

May God Himself, the God of Peace  
sanctify you through and through.

May your **whole spirit, soul** and **body**  
be **kept blameless at**  
**the coming of our Lord Jesus Christ.**



**WORLD**

- People
- Situations

**1 Thessalonians 5:23**

**BODY**

1. **R**est
2. **E**xercise
3. **D**iet  
**(RED)**

Proverbs 3:8, 4:22  
Romans 8:11

**SOUL**

1. **M**ind
2. **E**motion
3. **W**ill  
**(MEW)**

**SPIRIT**

1. **R**elationship  
with God
2. **C**onscience
3. **D**iscernment  
**(RCD)**



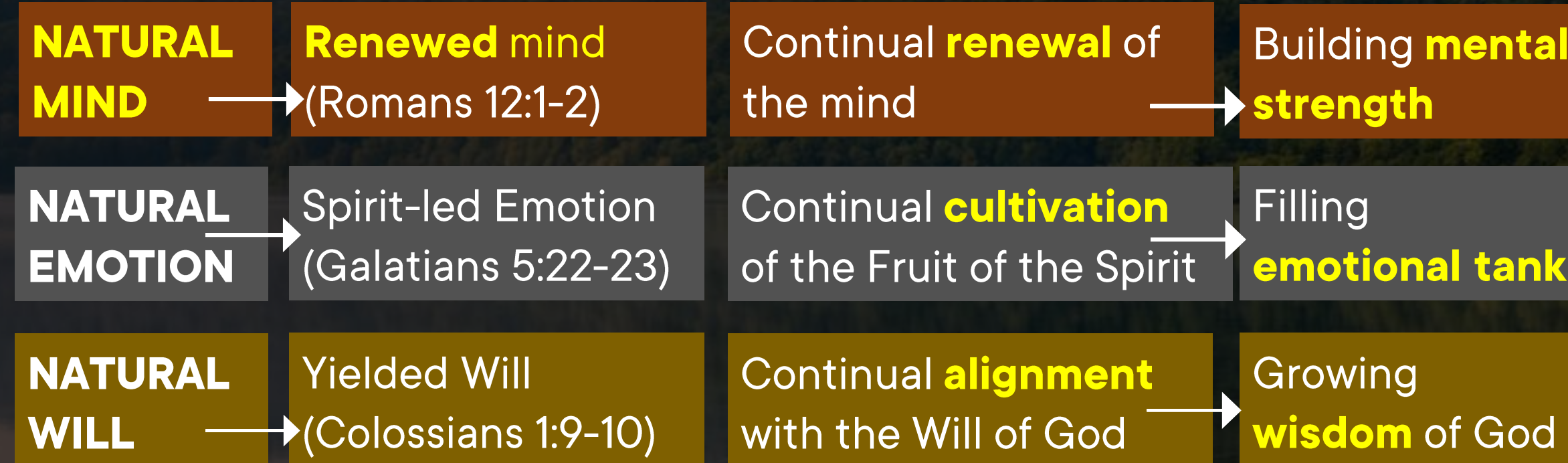
**Some areas** in our lives to constantly **check with the Lord:**



**Person**—our being—**3 aspects:**

- take care of our **whole being**

Take care of our **soul (mind-emotion-will)**



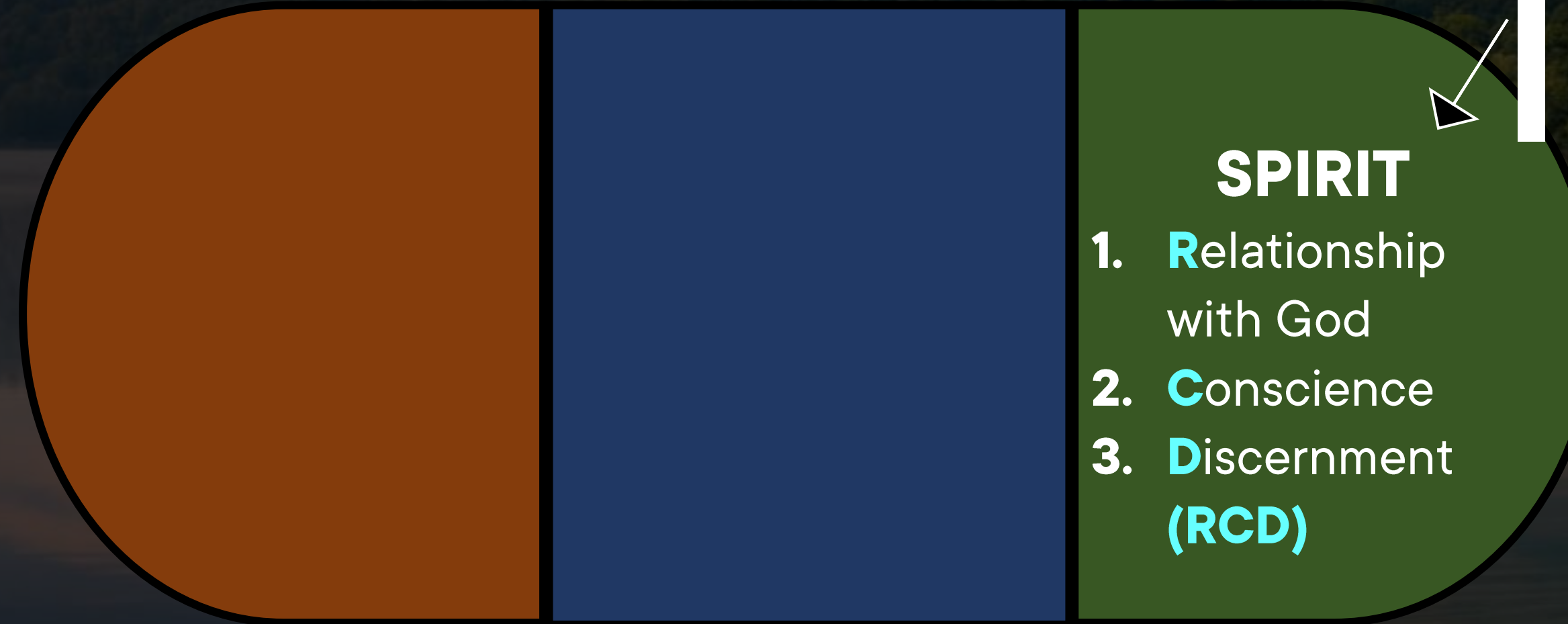
**Some areas** in our lives to constantly **check with the Lord**:



**Person**—our being—**3 aspects**:

- take care of our **whole being**

Take care of our **spirit-man**



**Some areas** in our lives to constantly **check with the Lord**:



**Person**—our being—**3 aspects**:

- take care of our **whole being**

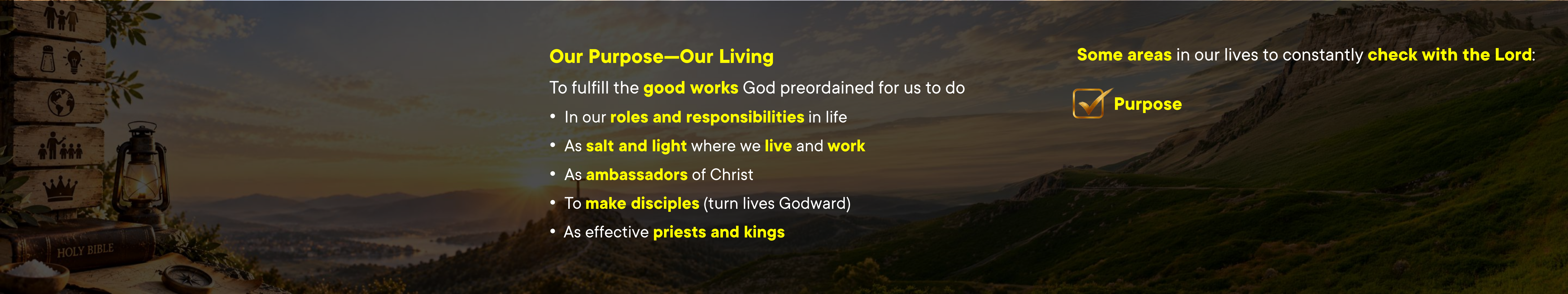
## THE ONE THING

- I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

**Some areas** in our lives to constantly **check with the Lord**:



**Ephesians 2:10** For we are His workmanship, created in Christ Jesus for **good works**, which God prepared beforehand that we should walk in them.



## Our Purpose—Our Living

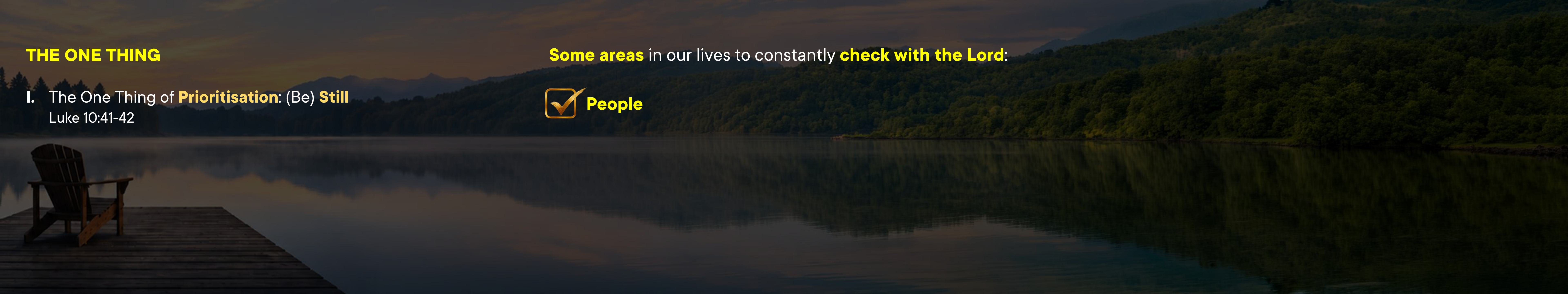
To fulfill the **good works** God preordained for us to do

- In our **roles and responsibilities** in life
- As **salt and light** where we **live** and **work**
- As **ambassadors** of Christ
- To **make disciples** (turn lives Godward)
- As effective **priests and kings**

**Some areas** in our lives to constantly **check with the Lord:**



**Purpose**



# THE ONE THING

I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

Some areas in our lives to constantly **check with the Lord**:



**People**

## People—Relationships

- Some people are **more important** than other people
- Get away from people who **subtract** and **divide** your life (1 Corinthians 15:33)
- Be with people who **value-add** to your life (Hebrews 10:24-25)
- For people you are ministering to, you value-add to them
- Keep company with **godly and wise** people (Proverbs 13:20)
- We are **not** the Holy Spirit – cannot solve everyone's problems

1Timothy5:8; Galatians 6:10; Luke10

**Some areas** in our lives to constantly **check with the Lord:**



**People**

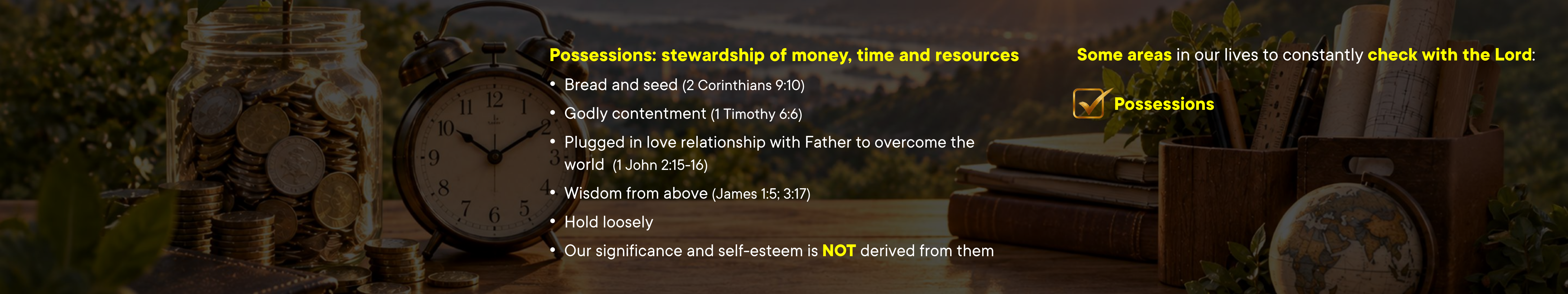
## THE ONE THING

- I. The One Thing of **Prioritisation**: (Be) **Still**  
Luke 10:41-42

Some areas in our lives to constantly **check with the Lord**:



**Possessions**



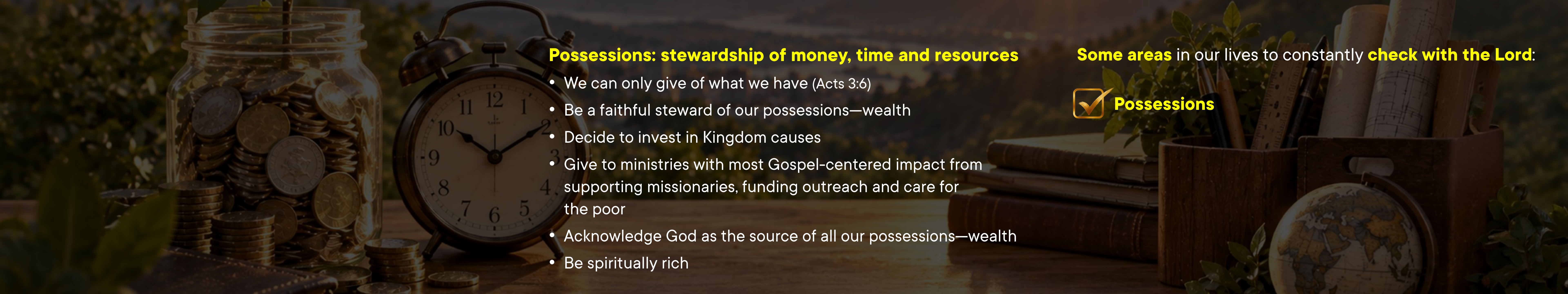
## **Possessions: stewardship of money, time and resources**

- Bread and seed (2 Corinthians 9:10)
- Godly contentment (1 Timothy 6:6)
- Plugged in love relationship with Father to overcome the world (1 John 2:15-16)
- Wisdom from above (James 1:5; 3:17)
- Hold loosely
- Our significance and self-esteem is **NOT** derived from them

**Some areas** in our lives to constantly **check with the Lord:**



### **Possessions**



## **Possessions: stewardship of money, time and resources**

- We can only give of what we have (Acts 3:6)
- Be a faithful steward of our possessions—wealth
- Decide to invest in Kingdom causes
- Give to ministries with most Gospel-centered impact from supporting missionaries, funding outreach and care for the poor
- Acknowledge God as the source of all our possessions—wealth
- Be spiritually rich

**Some areas** in our lives to constantly **check with the Lord:**

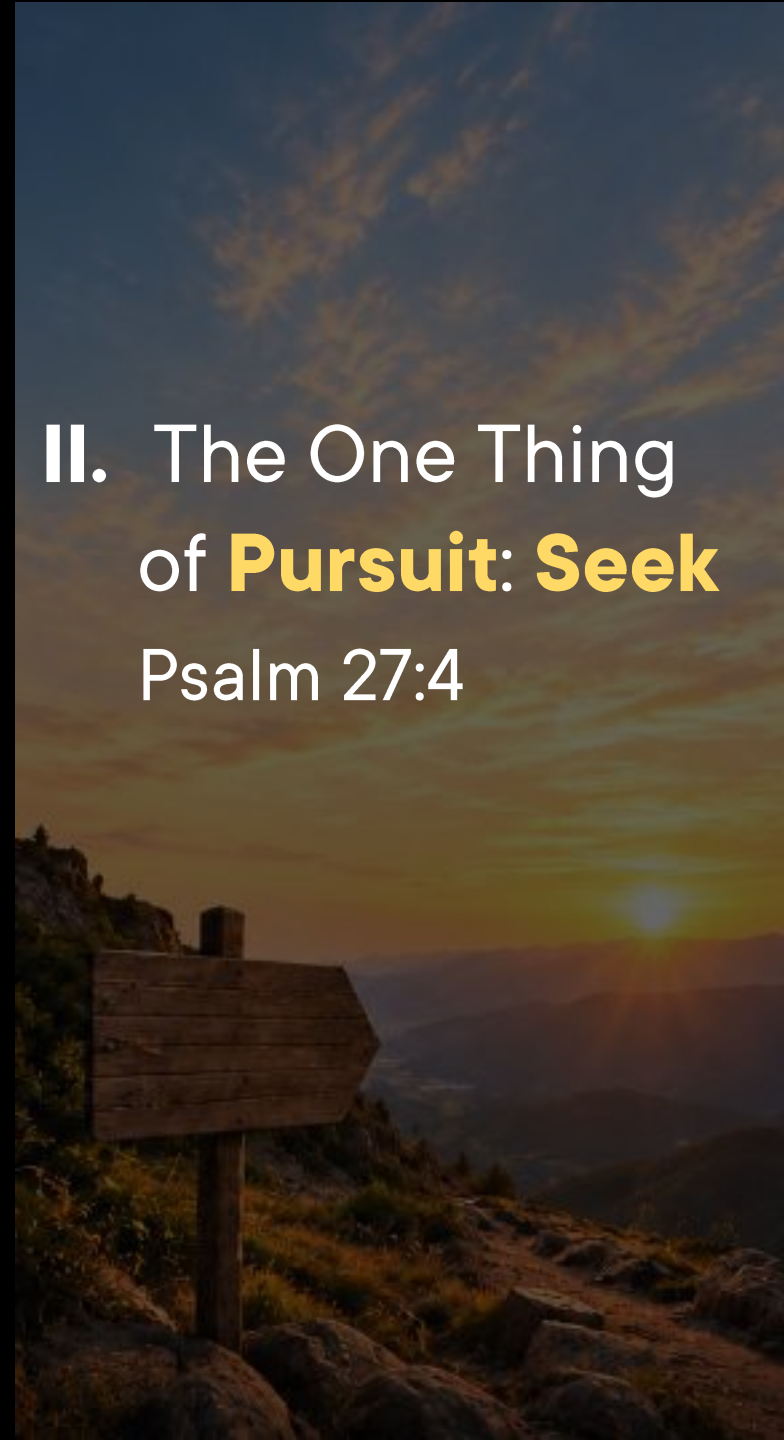


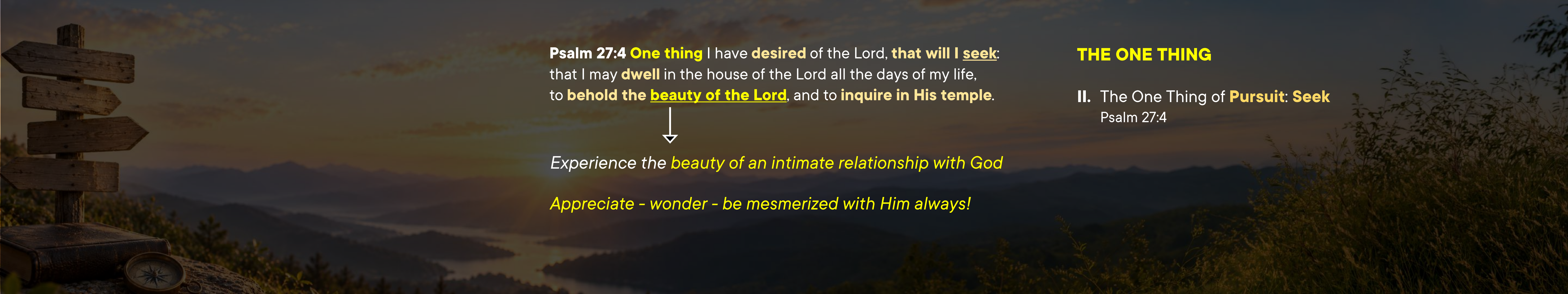
### **Possessions**

# THE ONE THING

II. The One Thing  
of **Pursuit: Seek**

Psalm 27:4





**Psalm 27:4** **One thing** I have **desired** of the Lord, **that will I seek**:  
that I may **dwell** in the house of the Lord all the days of my life,  
to **behold the beauty of the Lord**, and to **inquire in His temple**.



*Experience the **beauty of an intimate relationship with God***

***Appreciate - wonder - be mesmerized with Him always!***

## **THE ONE THING**

II. The One Thing of **Pursuit: Seek**  
Psalm 27:4



**Psalm 27:4 ... to behold the beauty of the Lord ...**

**Experiencing God** coming through for you again and again!

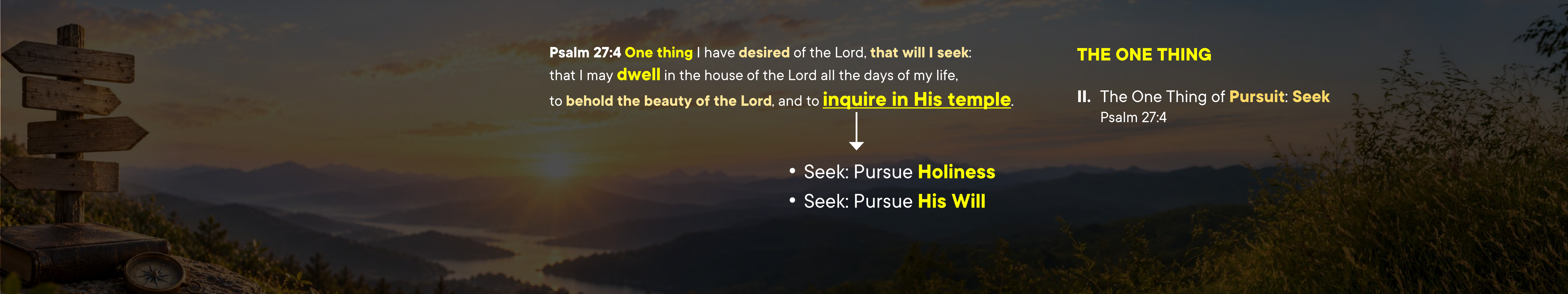
- ✓ Answered prayers
- ✓ Moments God came through
- ✓ Clear guidance along the way
- ✓ Past Victories
- ✓ Times you sensed His closeness
- ✓ Divine moments

*Healings - Provision - Kairos moments - Divine Intervention*

## **THE ONE THING**

II. The One Thing of **Pursuit: Seek**  
Psalm 27:4

Romans 8:28; Proverbs 3:5-6; Hebrews 4:16; 2 Peter 1:2-4; 2 Corinthians 9:8



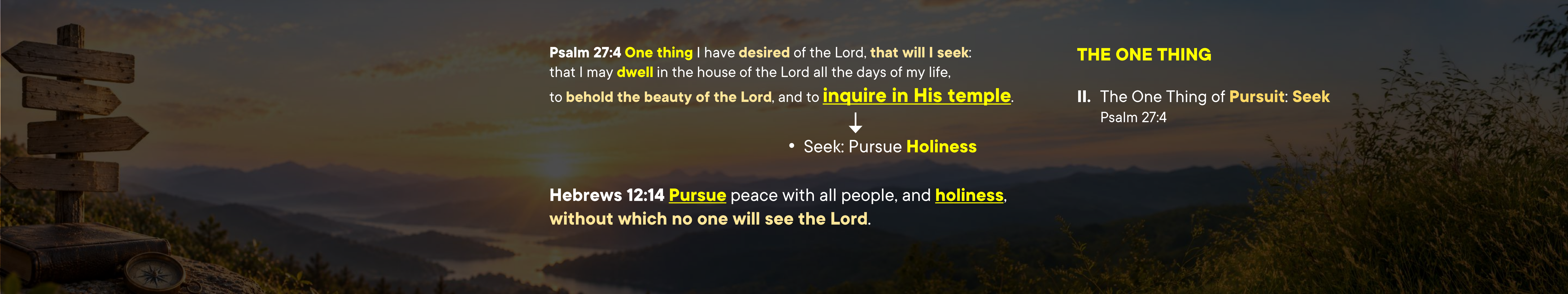
**Psalm 27:4** **One thing** I have **desired** of the Lord, **that will I seek:**  
that I may **dwell** in the house of the Lord all the days of my life,  
to **behold the beauty of the Lord**, and to **inquire in His temple**.



- Seek: Pursue **Holiness**
- Seek: Pursue **His Will**

## **THE ONE THING**

II. The One Thing of **Pursuit: Seek**  
Psalm 27:4



**Psalm 27:4** **One thing** I have **desired** of the Lord, **that will I seek:**  
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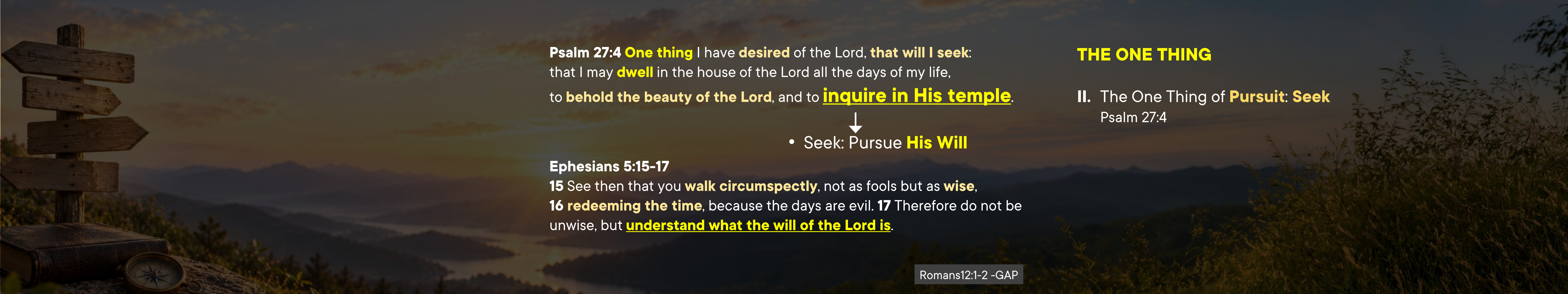


- Seek: Pursue **Holiness**

**Hebrews 12:14** **Pursue** peace with all people, and **holiness**,  
**without which no one will see the Lord.**

## **THE ONE THING**

II. The One Thing of **Pursuit: Seek**  
Psalm 27:4



**Psalm 27:4** **One thing** I have **desired** of the Lord, **that will I seek**:  
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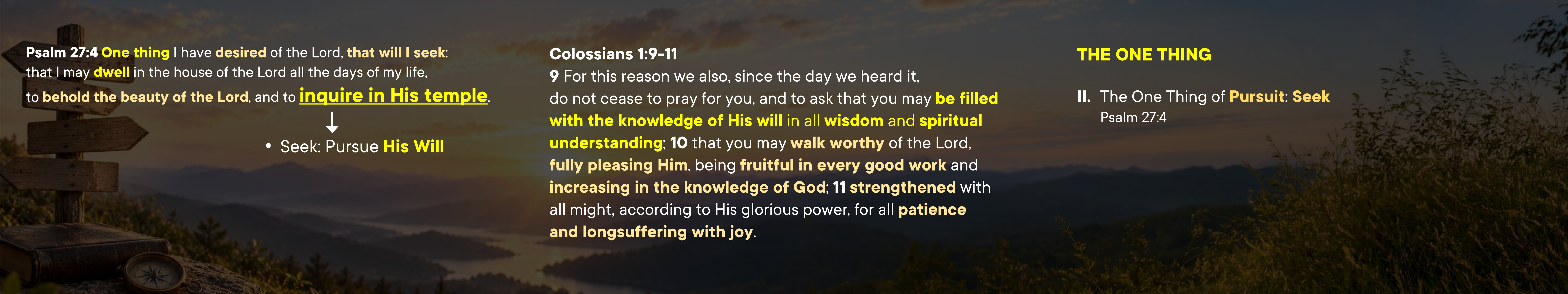
- ↓
- Seek: Pursue **His Will**

**Ephesians 5:15-17**

**15** See then that you **walk circumspectly**, not as fools but as **wise**,  
**16 redeeming the time**, because the days are evil. **17** Therefore do not be  
unwise, but **understand what the will of the Lord is**.

## **THE ONE THING**

**II. The One Thing of Pursuit: Seek**  
Psalm 27:4



**Psalm 27:4** **One thing** I have **desired** of the Lord, **that will I seek**:  
that I may **dwell** in the house of the Lord all the days of my life,  
to **behold the beauty of the Lord**, and to **inquire in His temple**.



- Seek: Pursue **His Will**

### **Colossians 1:9-11**

**9** For this reason we also, since the day we heard it,  
do not cease to pray for you, and to ask that you may **be filled  
with the knowledge of His will in all wisdom and spiritual  
understanding**; **10** that you may **walk worthy** of the Lord,  
**fully pleasing Him**, being **fruitful in every good work** and  
**increasing in the knowledge of God**; **11 strengthened** with  
all might, according to His glorious power, for all **patience  
and longsuffering with joy**.

### **THE ONE THING**

- II.** The One Thing of **Pursuit: Seek**  
Psalm 27:4

# THE ONE THING

## III. The One Thing of **Perseverance:** **Stretch**

Philippians 3:13-14



## THE ONE THING

III. The One Thing of **Perseverance: Stretch**  
Philippians 3:13-14

### Philippians 3:13-14

**13** Brethren, I do not count myself to have apprehended;  
but **one thing I do, forgetting those things  
which are behind and reaching (stretching)  
forward** to those things which are ahead, **14** I press  
toward the goal for the prize of the upward call of God  
in Christ Jesus.



## THE ONE THING

### III. The One Thing of **Perseverance: Stretch** Philippians 3:12-13

Philippians 3:13 forgetting those things which are behind ...

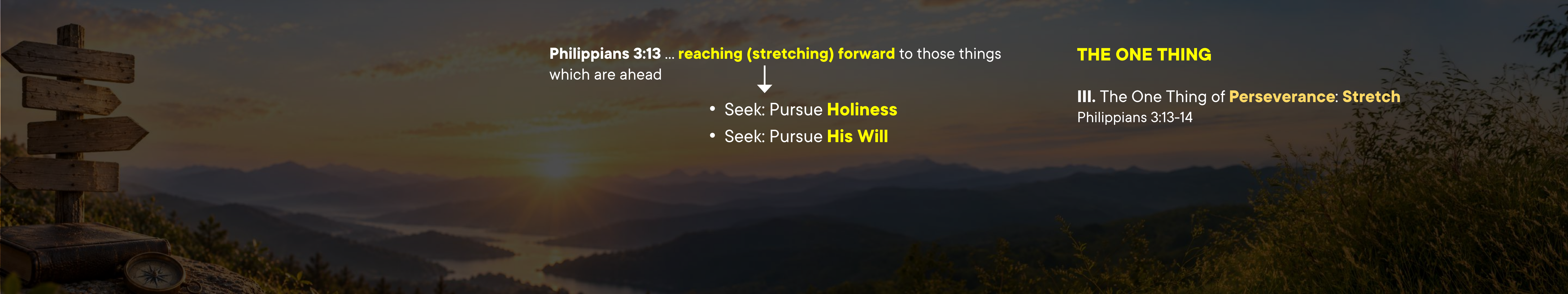


Hebrews 12:1 ... let us throw off **everything that hinders** ...

#### Personal Baggage

- **Unhealed** hurts - wounds
- **Unmet** needs
- **Unresolved** issues
- Weaknesses & Infirmities
- Certain **relationships**
- Certain **activities**
- Constant **Worries**
- Past **Failures & Regrets**





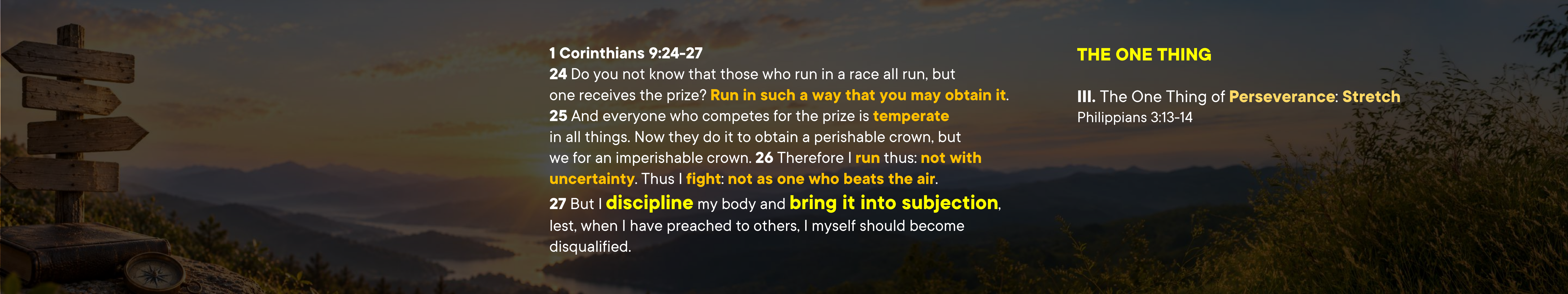
**Philippians 3:13** ... **reaching (stretching) forward** to those things  
which are ahead



- Seek: Pursue **Holiness**
- Seek: Pursue **His Will**

## **THE ONE THING**

**III.** The One Thing of **Perseverance: Stretch**  
Philippians 3:13-14



### 1 Corinthians 9:24-27

**24** Do you not know that those who run in a race all run, but one receives the prize? **Run in such a way that you may obtain it.**

**25** And everyone who competes for the prize is **temperate** in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. **26** Therefore I **run** thus: **not with uncertainty.** Thus I **fight: not as one who beats the air.**

**27** But I **discipline** my body and **bring it into subjection,** lest, when I have preached to others, I myself should become disqualified.

## THE ONE THING

III. The One Thing of **Perseverance: Stretch**

Philippians 3:13-14

# THE ONE THING: SUMMARY

I. The One Thing of  
**Prioritisation:**  
(Be) **Still**  
Luke 10:41-42

**Psalm 46:10a Be still,  
and know that I am God**

Pay Attention to:

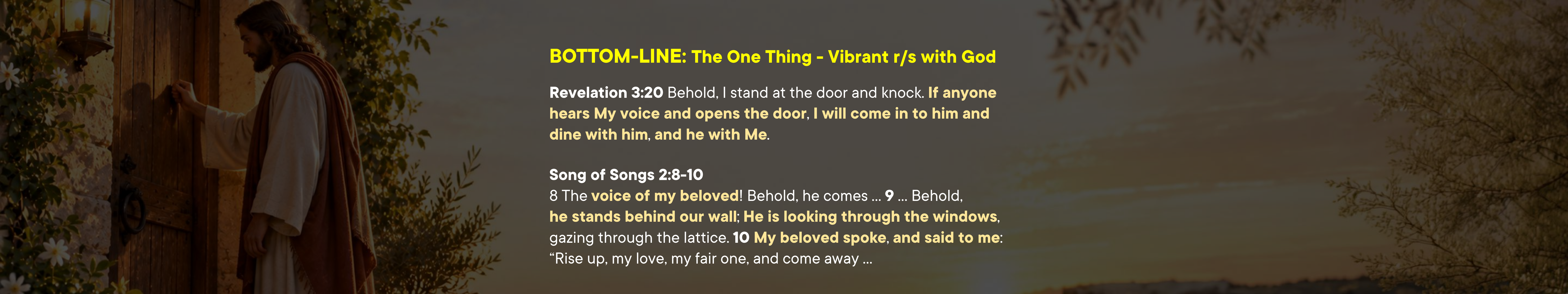
- The **Word** and
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II. The One Thing  
of **Pursuit:**  
**Seek**  
Psalm 27:4

- Pursue **Holiness**
- Pursue **His Will**

III. The One Thing  
of **Perseverance:**  
**Stretch**  
Philippians 3:13-14

**Philippians 3:13-14**  
... **forgetting those**  
**things which are behind**  
and **reaching**  
**(stretching) forward**  
to those things which  
are ahead ...

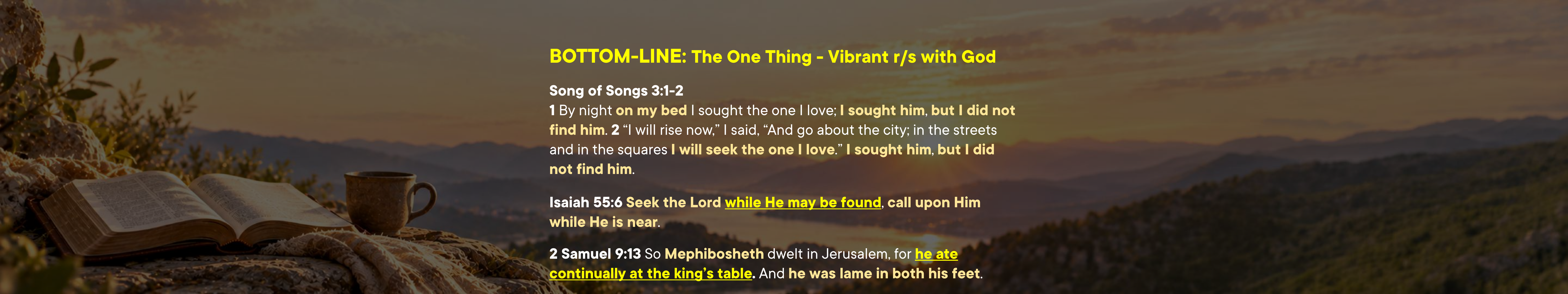


## **BOTTOM-LINE: The One Thing - Vibrant r/s with God**

**Revelation 3:20** Behold, I stand at the door and knock. **If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.**

### **Song of Songs 2:8-10**

8 The **voice of my beloved!** Behold, he comes ... **9** ... Behold, **he stands behind our wall; He is looking through the windows, gazing through the lattice. 10 My beloved spoke, and said to me:** “Rise up, my love, my fair one, and come away ...

An open Bible and a cup of coffee sit on a rocky ledge in the foreground. The background is a vast, hazy mountain range under a warm, golden sunset sky. The text is overlaid on the right side of the image.

## **BOTTOM-LINE: The One Thing - Vibrant r/s with God**

### **Song of Songs 3:1-2**

**1** By night **on my bed** I sought the one I love; **I sought him, but I did not find him.** **2** “I will rise now,” I said, “And go about the city; in the streets and in the squares **I will seek the one I love.**” **I sought him, but I did not find him.**

**Isaiah 55:6** Seek the Lord **while He may be found**, call upon Him while He is near.

**2 Samuel 9:13** So **Mephibosheth** dwelt in Jerusalem, for **he ate continually at the king's table**. And **he was lame in both his feet.**