



MY ONE WORD, PART 1: LESS & LESS

Every life tells a story—and one day, someone else will tell yours. The uncomfortable truth is that legacies aren't built at the end of life; they're formed by the daily choices we make right now. Most of us want to be remembered as loving, faithful, generous, or godly—but few of us are intentionally living that way today.

BIG IDEA: Start living today how you want to be remembered tomorrow.

DISCUSSION QUESTIONS

1. If someone had to describe you using *one word* right now, what word do you think they would choose? Is that word the same one you *wish* they would choose?
2. *With the Bible or Bible App, [read 1 Kings 2:1-4](#).*

¹ As the time of King David's death approached, he gave this charge to his son Solomon: ² "I am going where everyone on earth must someday go. Take courage and be a man. ³ Observe the requirements of the LORD your God, and follow all his ways. Keep the decrees, commands, regulations, and laws written in the Law of Moses so that you will be successful in all you do and wherever you go. ⁴ If you do this, then the LORD will keep the promise he made to me. He told me, 'If your descendants live as they should and follow me faithfully with all their heart and soul, one of them will always sit on the throne of Israel.' [1 Kings 2:1-4 \(NLT\)](#)

3. Why do you think people often gain clarity about what matters most near the end of life? What stands out to you about David's urgency in this moment?
4. David tells Solomon to "take courage and be a man," then explains what that actually means—obedience to God. How does God's definition of strength differ from the world's definition?
5. Verse 4 contains a clear if / then promise. How do your daily choices today influence your future—and the people who come after you?
6. *With the Bible or Bible App, [read 1 Kings 3:1-14](#).*

¹ Solomon made an alliance with Pharaoh, the king of Egypt, and married one of his daughters. He brought her to live in the City. ³ Solomon loved the LORD and followed all the decrees of his father, David, except that Solomon, too, offered sacrifices and burned incense on the High places of worship. ⁵ That night the LORD appeared to Solomon in a dream, and God said, "What do you want? Ask, and I will give it to you!" ⁶ Solomon replied, "You showed faithful love to your servant my father, David, because he was honest and true and faithful to you. And you have continued to show this great and faithful love to him today by giving him a son to sit on his throne. ⁷ "Now, O LORD my God, you have made me king instead of my father, David, but I am like a little child who doesn't know his way around. ⁹ So give me the wisdom I need to rule your people with justice and to know the difference between good and evil. Otherwise, how would I ever be able to rule this great people of yours?" ¹⁰ The Lord was pleased that Solomon had asked for wisdom. So God replied, "Because you have asked for wisdom in governing my people with justice and have not asked for a long life or wealth or the death of your enemies—I will give you what you asked for! I will give you a wise and understanding heart such as no one else has had or ever will have! And I will also give you what you did not ask for—riches and fame! No other king in all the world will be compared to you for the rest of your life! And if you follow me and obey my decrees and my commands as your father, David, did, I will give you a long life." [1 Kings 3:1-14 \(NLT\)](#)

7. "What do you want? Ask, and I will give it to you!" If God asked you this question right now, what would you be tempted to ask for? Why do you think Solomon's response mattered so much to God?

8. Why do you think God was pleased with Solomon’s request? How would your life look different if wisdom guided your decisions this year?
9. Pastor Chris challenged us to ditch long lists of resolutions and focus on **one word**. Why do you think most resolutions fail?
10. How could focusing on *who you’re becoming* be more effective than focusing on *what you’re stopping or starting*?
11. *With the Bible or Bible App, [read Philippians 3:12-14](#).*

¹² *I don’t mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me.* ¹³ *No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead,* ¹⁴ *I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.* [Philippians 3:12-14 \(NLT\)](#)

12. Why is it so hard to let go of the past when thinking about growth? What would it look like for you to focus on the next 12 months instead of the last 12?
13. What kind of person do you hope to become by the end of this year? What character traits would describe that person? Why is choosing *one word* so challenging—but also so powerful?
14. How could your *one word* help you decide what to say *yes* to—and what to say *no* to—this year? What rhythms, habits, or boundaries might need to change? Who could walk this journey with you and help you stay focused on becoming who God is shaping you to be?

MOVING FORWARD

You are becoming someone—whether you’re intentional or not. Choosing one word isn’t about self-improvement; it’s about spiritual alignment. Ask God who He is shaping you to become and then arrange your life around that calling. Don’t wait until the end to think about your legacy. Start living it today.

CHANGING YOUR MIND

That night the LORD appeared to Solomon in a dream, and God said, “What do you want? Ask, and I will give it to you!”
1 Kings 2:5 (NLT)