

# NEW LIFE ONE STUDIES



## *Father's Day Message Study Guide*

*Message:*

*"The One Thing."*

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### **SCRIPTURE**

<i>Main Text:</i>	<i>Other Text:</i>
<i>Psalm 27:4</i>	<i>John 15:4-5, Philippians 3:8, Luke 10:41-42, Acts 13:22</i>

### **UNDERSTANDING THE STORY**

*(This section focuses on understanding what the text means —  
before jumping to what it means for us.)*

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*Read Psalm 27:1-4*

**Main Idea:**

A life centered on God begins with a desire to know Him above all else.

### **Commentary:**

Psalm 27 was written during a difficult season in David's life. He faced enemies, uncertainty, and threats to his safety, yet he expressed remarkable confidence in God.

After declaring that the Lord was his light, salvation, and stronghold, David narrowed all of his desires down to one request:

"One thing I ask from the Lord... that I may dwell in the house of the Lord all the days of my life."

David's greatest desire was not protection, success, comfort, or victory over his enemies. He wanted God's presence.

To "dwell in the house of the Lord" was not simply about being in a building. David was expressing a desire for continual fellowship with God—a life lived in relationship with Him.

David understood that God's presence was more valuable than anything God could give him.

### **Discussion Questions:**

1. What stands out to you about David's "one thing" request?
2. Why do you think David prioritized God's presence over his circumstances?
3. What does this passage reveal about David's relationship with God?

### **Takeaway:**

*The deepest desire of a heart after God is not simply what God can do, but God Himself.*

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## ***Read John 15:4-5***

### **Main Idea:**

Jesus invites us into a life of continual connection with Him.

### **Commentary:**

The desire David expressed in Psalm 27 finds fulfillment in Jesus.

When Jesus says, "Abide in me," He is describing a deep, ongoing relationship. Just as branches depend on the vine for life, strength, and fruitfulness, believers depend on Christ.

Abiding is more than attending church or occasionally praying. It is a daily posture of dependence, trust, and communion with God.

Jesus reminds us that apart from Him we can do nothing. The source of spiritual life, growth, wisdom, and strength is found in staying connected to Him.

### **Discussion Questions:**

1. What does it mean to abide in Christ?
2. How is abiding different from simply knowing about Jesus?
3. Why do you think Jesus emphasizes dependence on Him?

### **Takeaway:**

*A thriving spiritual life grows out of daily connection with Jesus.*

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## ***Read Philippians 3:7-10***

### **Main Idea:**

Knowing Jesus is worth more than anything this world can offer.

## **Commentary:**

Like David, the Apostle Paul eventually came to see that knowing God was the greatest treasure.

Paul had accomplishments, influence, education, and status. Yet he declared all of those things worthless compared to the surpassing value of knowing Christ.

Paul's focus was not primarily on what Jesus could do for him, but on knowing Jesus personally.

This perspective allowed Paul to endure hardship, suffering, and uncertainty with confidence because his ultimate treasure was secure.

## **Discussion Questions:**

1. Why did Paul consider everything else a loss compared to knowing Christ?
2. What competes for our attention and affection today?
3. How does knowing Jesus reshape our priorities?

## **Takeaway:**

*When Jesus becomes our greatest treasure, everything else finds its proper place.*

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***Read Luke 10:38-42***

## **Main Idea:**

The most important thing is to be with Jesus.

## **Commentary:**

Martha was busy serving while Mary sat at Jesus' feet listening and learning.

While Martha was focused on many good things, Jesus reminded her that only one thing was truly necessary.

Mary had chosen relationship over distraction.

Jesus was not condemning service. Rather, He was teaching that activity must flow out of intimacy with God.

Many people become busy doing things for God while neglecting time spent with God.

Jesus invites us to prioritize His presence above all else.

### **Discussion Questions:**

1. Why do you think Martha was frustrated?
2. What had Mary chosen that Jesus called "better"?
3. How can busyness distract us from spending time with God?

### **Takeaway:**

*We cannot substitute activity for intimacy with God.*

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## **MAKE IT PERSONAL**

David, Paul, Mary, and ultimately Jesus Himself all point us toward the same truth: the most important thing in life is knowing God.

It's easy to become focused on our needs, responsibilities, problems, and goals. We naturally ask God to help us with the various categories of our lives—our family, finances, health, work, relationships, and future.

Yet Scripture continually invites us to seek something deeper.

The greatest gift God offers is not simply His provision, protection, or blessings—it is His presence.

**Reflect:**

1. If you could ask God for one thing, what would it be?
2. Have you been seeking God primarily for what He can do, or for who He is?
3. What distractions tend to pull your attention away from God?
4. What would it look like for you to prioritize knowing God more deeply?

**Key Truth:**

*When we make knowing God our highest priority, everything else is viewed through the right perspective.*

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## LIVING IT OUT

Let this passage move you from reflection to action this week:

**Seek God First**

Set aside intentional time each day simply to be with God through prayer, worship, and Scripture.

**Practice Abiding**

Throughout your day, stay aware of God's presence and invite Him into your decisions, conversations, and challenges.

**Surrender Your Categories**

Bring your concerns, responsibilities, and worries to God, then trust Him with the outcomes.

## **Choose Relationship Over Routine**

Don't settle for merely going through spiritual motions. Pursue a genuine relationship with Jesus.

## **Make the ONE Thing Your Main Thing**

Ask God to help you desire Him above all else.

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*For LifeGroups:*

## **ENCOURAGE EACH OTHER**

Talk through these together:

1. What has helped you grow closer to God in different seasons of life?
  2. Why do you think David's "one thing" was God's presence?
  3. What distractions most commonly pull people away from intimacy with God?
  4. How can we encourage one another to keep Jesus at the center of our lives?
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## **PRAY TOGETHER**

Thank God for His desire to be known personally by His people.

Ask God to deepen your hunger for His presence.

Pray for the ability to abide in Christ daily.

Ask God to reveal distractions that compete for your attention.

Pray for the courage to make knowing Jesus your highest priority.

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### **Final Thoughts:**

Life has a way of pulling our attention in a hundred different directions. Responsibilities, challenges, fears, and opportunities all compete for our focus.

Yet David reminds us that there is one thing worth pursuing above all else: the presence of God.

The invitation of Scripture is not simply to receive God's help, but to know God's heart.

As we seek Him, abide in Him, and walk closely with Him, we discover that He truly is the one thing that changes everything.

### **Go to God for God.**

You will never have less when you have more of Him.