

Lesson 4

The One Thing I Will Do

Thinking About Commitment

Introduction

*I cannot do everything.
But I can do something.
So the one thing I can do,
I will do.*

The above quote begs the question to all of us: What is the one thing I will do; for my Lord, my family, my neighbor, my church family, or the next stranger with whom I cross paths?

It seems that when we are the younger child and want to do the things that the older child does, there is built within us an assurance that we too can do the things of the older child. But as we become “old” there is too often a built-in assurance that we **can’t** do the things we would like to do.

This perspective on life will deny us much of the joy and purpose that God has planned for us in our senior years. To avoid this trap, we need to identify those things we can do, or would like to learn to do, and make a sincere commitment to at least try.

Consider the following to see the “power of 1” in a familiar scenario.

An elderly group at church wants to get together for an afternoon of interaction and a meal ... often called “a potluck”. The first sister says, “Well there is only one thing I can cook. It’s my “(A)” casserole. Another says, “I too, can only cook one thing. It is my “(B)” berry pie.

Another says, “I can’t cook anything, but I can bring a big bag of chips”. On and on it goes. Finally, one says “Well, I guess I could offer the prayer before we eat.” With each one doing the one thing they could do, the group enjoyed a memorable afternoon, and brought honor and glory to their holy Father in heaven.

Activities

1. Define: Excuses.

2. Define: Commitment:

3. There are many hymns with encouraging words of commitment to our Lord. On the next page is one hymn with an added activity. Share with your class your own favorite hymn and apply the same activity.

Key Points for Class Discussion

What are your thoughts on:

1. Comparing what you can or cannot do to what others can or cannot do.
2. An old saying: “Comparison is the thief of joy.”

Applications

1. Consider the value of an “accountability partner” when we commit to do, or not do, something in our Christian Walk.
2. Consider the value of breaking down our commitment goal into small steps and build confidence from the successes of each small step.

My Prayer for Strength to Follow Through on My Commitment

Dear Lord . . .

Lyrics from a Familiar Hymn

Take My Life and Let It Be

*Take my life, and let it be
Consecrated, Lord, to Thee.
Take my **hands**, and let them move
At the impulse of Thy love.*

*Take my **feet**, and let them be
Swift and beautiful for Thee.*

*Take my **voice**, and let me sing
Always, only, for my King.*

*Take my **lips**, and let them be
Filled with messages from Thee.
Take **my silver and my gold**;
Not a mite would I withhold.*

*Take my **love**, my God, I pour
At Thy feet it's treasure store.
Take myself, and I will be
Ever, only, all for Thee*

In the above lyrics are five ways we can still commit in our service to God and to those with whom we interact. Select one or more and write down an action plan as to how you will consecrate that service to God.