

Focus on One

1. Everything changes when you focus on _____.

- Micah 6:8
 - Nehemiah 5:1
 - Nehemiah 5:6, 9
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2. What should we do when the task is overwhelming?

Do the _____.

- Nehemiah 5:14-16
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3. What should we do when the task is overwhelming?

_____ the burden.

- Nehemiah 6:1-2
-

4. What should we do when the task is overwhelming?

_____ opposition

- Nehemiah 6:3
-

5. What should we do when the task is overwhelming?

_____ on the _____ work.

- Nehemiah 6:8-9
-

6. What should we do when the task is overwhelming?

Walk _____, but _____.

- Nehemiah 6:15-16
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What do we do with this?

1. Choose _____

2. Love _____

3. Walk _____

Everything changes when you focus on “ONE.”

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Reflect and Apply

1. Reflect on a time when you faced a challenge or task that seemed unending or insurmountable. What emotions did this evoke in you?
2. What does Dr. Serrano mean when he suggests we **Do the NEXT RIGHT THING** when we feeling overwhelmed?
3. Reflect on a time when you were able to share the burden (task) with someone else. How did this make you feel? How did this new sense of teamwork impact you and or your colleague?
4. If, as Dr. Serrano suggests, our burden or task is an assignment from the lord. How does sharing the task serve to advance God's Kingdom in you and others?
5. Thoughtfully read Micha 6:8 "No, O people, the Lord has told you what is good, and this is what he requires of you: to do what is **right**, to love **mercy**, and to walk **humbly** with your God. Take a moment to reflect on practical ways you might embrace and apply God's instructions to your life.

Prayer

"Lord, Thank you for instructing us in your ways. Help us to recognize every assignment and challenge as gifts from your hand. Teach us to adjust our gaze and enlist others into the great work you have set before us. Help us to learn from those you send into our lives.

At Manna Church, We believe ...

... God created man in His own image, in a state of original righteousness, from which he subsequently fell by a voluntary revolt, and as a consequence, is guilty, inherently corrupt, and subject to divine wrath. The unregenerate are totally depraved and do not possess a will free from the dominion of the sin nature.