

ONE THING

- **FOCUS** - center of activity, attraction, or attention; point of concentration; directed attention; emphasis; to concentrate attention or effort
- **D.L. Moody** – “Give me a man who says ‘This one thing I do’ and not ‘These fifty things I dabble in.’”
- **Jesus** had an uncanny ability to focus His life. Matthew continually notes that He did or said something “that the Scripture might be fulfilled,” while Mark continually notes that He did or said something “straightway” (almost as if He were in a hurry to accomplish His goals). He refused to be deterred from His purpose.
- Many times His enemies would try to distract Jesus to some side issue in order to stir up contention among the people. Again and again, Jesus would simply direct the conversation back to the important issue ...
- **Luke 6:9 (KJV)** Then said Jesus unto them, I will ask you **one thing**: Is it lawful on the sabbath days to do good, or to do evil? to save life, or to destroy it?
- **Luke 20:3-4 (KJV)** And he answered and said unto them, I will also ask you **one thing**: and answer me: The baptism of John, was it from heaven, or of men?
- Sometimes as church members, we need our attention to be brought back to **ONE THING**. The devil tries to send dozens of distractions to get our minds off of things that are important and central to the church!
- **How the Brain Works and Why Should You Care**

We use on average only 3% of our brain power - if you raise it to 5% you will be considered a genius. According to psychologists, we don't even have enough imagination to imagine how great our imagination is! Take, for example, a group of cells called the **Reticular Activator System**. It acts as a brain filter and is located near your neocortex (if you really care). Its job is to decide which of the information bombarding your nervous system non-stop is the most valuable to you. Then it allows those important communications (and only those!) to go through.

In essence, the Reticular Activator is filtering your thinking. It is difficult to imagine what would happen without this system working properly. You would be so overwhelmed with the millions of pieces of information bombarding your brain that you would go crazy! That is why people who have no established priorities get overwhelmed so easily and never get very much accomplished in life; they are a good example of what happens when we don't use this fabulous built-in tool. The incredible thing about the Reticular Activator System is that it can be programmed by your own objectives, just like the computer! Actually, you program your Reticular Activator all the time, simply by choosing what thoughts you allow to dominate your life.

- There is incredible power in the human mind ...
- **Proverbs 23:7 (KJV)** For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.
- **Philippians 4:8 (KJV)** Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
- **Joel 3:10 (KJV)** Beat your plowshares into swords, and your pruninghooks into spears: let the weak say, I am strong.
- **Romans 12:2 (KJV)** And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.
- The best advice you could ever follow is to FOCUS on one thing that is important, to the exclusion of all the competing and distracting thoughts that battle for your attention today!

ONE THING I LACK

Mark 10:21 (KJV) Then Jesus beholding him loved him, and said unto him, **One thing** thou lackest: go thy way, sell whatsoever thou hast, and give to the poor, and thou shalt have treasure in heaven: and come, take up the cross, and follow me.

ONE THING I DESIRE

Psalms 27:4 (KJV) **One thing** have I desired of the Lord, that will I seek after; 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 enquire in his temple.

ONE THING I REMEMBER

2 Peter 3:8 (KJV) But, beloved, be not ignorant of this **one thing**, that one day is with the Lord as a thousand years, and a thousand years as one day.

ONE THING I DO

Philippians 3:13 (KJV) Brethren, I count not myself to have apprehended: but this **one thing** I do, forgetting those things which are behind, and reaching forth unto those things which are before,

ONE THING I KNOW

John 9:25 (KJV) He answered and said, Whether he be a sinner or no, I know not: **one thing** I know, that, whereas I was blind, now I see.

ONE THING I NEED

Luke 10:42 (KJV) But **one thing** is needful: and Mary hath chosen that good part, which shall not be taken away from her.