



 **NEW LIFE CHRISTIAN CENTER**
June 21, 2026

ONE THING
Pastor Dave Larson | Turlock
Pastor Jeremy Moore | Patterson

1. What is the _____ of my heart?

The ONE THING I ask of the LORD — the thing I seek most — is to live in the house of the LORD all the days of my life, delighting in the LORD's perfections and meditating in his Temple. Psalm 27:4 (NLT)

2. What has my heart's _____?

My dear Martha, you are worried and upset over all these details! There is only ONE THING worth being concerned about. Mary has discovered it, and it will not be taken away from her. Luke 10:41-42 (NLT)

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Hebrews 12:1-2 (NLT)

3. What is my one _____?

No, dear brothers and sisters, I have not achieved it, but I focus on this ONE THING: Forgetting what is behind and reaching forward to what lies ahead, 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 3:13-14 (NLT)

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 2 Corinthians 5:17 (NIV)

Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ. Philippians 3:8 (NLT)



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1. What is the **DESIRE** of my heart?

The ONE THING I ask of the LORD — the thing I seek most — is to live in the house of the LORD all the days of my life, delighting in the LORD's perfections and meditating in his Temple. Psalm 27:4 (NLT)

2. What has my heart's **ATTENTION**?

My dear Martha, you are worried and upset over all these details! There is only ONE THING worth being concerned about. Mary has discovered it, and it will not be taken away from her. Luke 10:41-42 (NLT)

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Hebrews 12:1-2 (NLT)

3. What is my one **FOCUS**?

No, dear brothers and sisters, I have not achieved it, but I focus on this ONE THING: Forgetting what is behind and reaching forward to what lies ahead, 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 3:13-14 (NLT)

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DISCUSSION QUESTIONS

June 21, 2026

CONNECT

Have you ever WAY overpacked for a trip? What did you learn from that?

ENGAGE

What impacted you the most personally from the message?

GROW

1. What's one thing in your life right now that feels heavy...something you're carrying that maybe you don't actually need?
2. David wrote Psalm 27:4 while enemies were literally surrounding him. When life gets hard or chaotic, what do you actually reach for first? Be honest. Not what you should reach for, but what you do reach for.
3. The quote..."Our heart is restless until it rests in You" hits pretty close to home for most of us. Can you think of a time when you felt that restlessness? What were you chasing, and did it satisfy you?
4. Martha was doing good things, but Jesus said Mary had chosen the best thing. Where in your life are you most tempted to confuse being busy for God with actually being with God?
5. Paul said to forget what's behind. Is there something from your past...a failure, a version of yourself you're not proud of...and you're still letting it define you? What would it look like to actually receive God's forgiveness and move forward?

LEAD (YOURSELF)

The challenge from the message was simple: get alone with God for 15 minutes this week. Not to perform, just to show up. What gets in the way of that for you, and what's one thing you could do to protect that time?