

# Jesus – Our One Thing!

What is one thing that is distracting you from your pursuit of God? The word “distraction” means a thing that prevents someone from giving full attention to something else. Scripture tell us in Philippians 3:13, ***“Brothers and sisters, I do not consider myself to have taken hold of it. But one thing I do: Forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize promised by God’s heavenly call in Jesus Christ.”***

## Prayers of Praise

Let’s acknowledge together that Jesus Christ is worthy of being our “one thing.” Jesus and His Kingdom is the only thing worthy of our full attention.

Lord, you are worthy of our full attention. I am in awe of you because \_\_\_\_\_ (fill in the blank of who Jesus is/what He has done).

## Prayers of Confession

We are all distracted from giving Jesus and His Kingdom our full attention. It is a battle that we do not face alone. Gather in groups of 3 or 4 and share one of the distractions in your life that pulls you away from seeking Jesus and His Kingdom, then pray for one another.

## Prayers of Dedication

***“I have asked one thing from the LORD; it is what I desire: to dwell in the house of the LORD all the days of my life, gazing on the beauty of the LORD and seeking him in his temple” (Psalm 27:4).***

***“Listen, Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart, with all your soul, and with all your strength” (Deuteronomy 6:4-5).***

Lord, I want you to be the one thing that I seek above all else. I want to love you with my whole heart, soul and strength. I need you to help me love you, seek you and live my life in pursuit of you and your Kingdom.

**Teacher/Director** – give your class 2 to 3 minutes to silently pray to God and ask Him to do a work in our hearts that leads us to a deeper love and desire to know Him and follow Him.

## Closing Prayer

Lord, thank you that you are pursuing us! You are working in our hearts and lives to lead us to a deeper understanding of your love for us and the abundant life you have for us when we make you and your Kingdom our one thing. Bless our time today as we study your Word. In Jesus’ Name, Amen.



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