




The story is told of a man who, every week in church, prayed that the Lord would remove the cobwebs of sin from his life. An elderly lady, tired of his repeated prayer, stood up and prayed—“Lord, please just kill the spider!” Sometimes we need to simply focus on the main thing and the other things in our lives will fall into place. But what is the “main thing?” A number of times in the Bible we have the short phrase “one thing” and looking at some of those passages can help us to answer that question.

Read Psalm 27:1-8 and mark the Lord with a  and mark the pronouns referring to David with a 

Psalm 27:1-8, 13-14

The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

² When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.

³ Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

⁴ One thing have I asked 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 gaze upon the beauty of the LORD and to inquire in his temple.

⁵ For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

⁶ And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.

⁷ Hear, O LORD, when I cry aloud; be gracious to me and answer me!

⁸ You have said, “Seek my face.” My heart says to you, “Your face, LORD, do I seek.”

¹³ I believe that I shall look upon the goodness of the LORD in the land of the living!

¹⁴ Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

V2-3 What situation does David find himself in?

V4 In that situation, what is his main prayer request?

V1 What three ways does he describe God and how do each relate to his circumstances?

What difference does the repeated word “my” make?

V5 and 6 What is his expectation from the Lord? Will it change his circumstances or change him?

V7-8 What has encouraged him to pray this way?

In v4—what is the difference between asking for something and seeking for it?

What lessons can you learn about the “main thing” in times of trouble and distress?

What would it mean for you in your everyday life to seek God’s presence as David did?

Luke 10:38-42

³⁸ Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰ But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." ⁴¹ But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, ⁴² but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."



Philippians 3:7-14

⁷ But whatever gain I had, I counted as loss for the sake of Christ. ⁸ Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ ⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— ¹⁰ that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, ¹¹ that by any means possible I may attain the resurrection from the dead.

¹² Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own.

¹³ Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead,

¹⁴ I press on toward the goal for the prize of the upward call of God in Christ Jesus.

READ Luke 10:38-42 and mark Martha with a  and mark Mary with a 

Who was responsible for Jesus being a guest in this home? What does this tell you about her?

V40-41 What three words describe Martha? Consider each one. Why is she feeling that way?



How does it impact her relationship with her sister? And with Jesus?

V39 What two phrases describe Mary?

What choices did she have to make to do that?

What lesson is Martha being taught by Jesus? And what lesson do we need to learn?

What choices will this involve?

READ Philippians 3:7-14 Mark references to Christ with a  and to Paul with a 

What does Paul say about losses and gains? Make a list of what you learn about each.

V13 –14 what is the one thing he does? What two things does this involve?

From all these passages how would you sum up the "one thing"? How does this compare with the priorities in your life just now?