



## ONE THING

Matthew 6:13; Psalm 27 (ESV)

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### MESSAGE NOTES

*"And do not lead us into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory forever. Amen." – Matthew 6:13 NASB*

*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? When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. – Psalm 27:1 – 3 (ESV)*

*I believe that I shall look upon the goodness of the Lord in the land of the living! Wait for the Lord; be strong, and let your heart take courage; wait for the Lord! – Psalm 27:13 – 14 (ESV)*

- **God is leading us from "fear not" to "take courage"**
- **"Courage" is strength in the face of pain or grief**

*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. – Psalm 27:4 (ESV)*

- **The "one thing" is gazing upon the beauty of the Lord**

*Pray then like this: "Our Father in heaven, hallowed be Your name." – Matthew 6:9 (ESV)*

*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. – Psalm 27:4 (ESV)*

- **Get small and let God get big**

*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. – Psalm 27:5 (ESV)*

- **Praising Christ helps us see His beauty**

*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. Hear, O Lord, when I cry aloud; be gracious to me and answer me! – Psalm 27:6 – 7 (ESV)*

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## DISCUSSION QUESTIONS

- Discussion Starter: If you had to name "*one thing*" you love to do in life (outside of your faith), what would it be and why?
- Read Matthew 6:9. Why do you think Jesus, when teaching us to pray, starts with the phrase "*hallowed be Your name*"?
- Read Psalm 27:4. What is the "*one thing*" David is doing while facing enemies on one side and crushing emotional blows on the other? How does that "*one thing*" change our perspective on everything else in life?
- Read Psalm 27:6 – 7. Why is praising God together such a powerful way to make God bigger and us smaller?
- Read Psalm 27:8-10. How does "*seeking God's face*" give us the courage to face our fears and griefs with His strength? What does it mean that God will "*take us in*"?
- Read Psalm 27:11. Why is God's Word vital in teaching us His way as we gaze on the beauty of the Lord?
- Read Psalm 27:13-14. How does gazing on Christ's beauty, power, and love help us discover God-given courage?
- What does it mean to "wait on the Lord" as we pray?
- Take some time to praise God in prayer as a group as you gaze upon the beauty of who the Lord is.