

# One Thing

## By Stacy Collins

### What Is Required?

- **613 rules & regs to live out the Law**
- **Reduced to 11 in Ps 15 / 6 in Is 33:15**
- **No, 0 people, the Lord has told you what is good, and this is what He requires of you: to do what is right, to love mercy, and to walk humbly with your God. Micah 6:8**

### How'd That Work Out?

- **Observing the Sabbath**
  - Man carrying a needle in cloak = sewing
  - Dragging a chair on dirt = plowing
  - Carrying a mattress = bearing a burden
  - Plucking & rubbing ear of corn = reaping
- **Sabbath preparation**

### Mary vs Martha

- **Lk 10:38-42 Now as they were traveling along, He entered a village, and a woman named Martha welcomed Him into her home. She had a sister called Mary, who was seated at the Lord's feet, listening to His word.**
- **But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me."**
- **But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."**

### Mary vs Martha

- **Martha = serving, hurried, worried, troubled with much**
- **Mary = hearing, resting, worshipping, concerned with one thing**
- **Kitchen (serving Jesus) vs Living Room (knowing Jesus)**

### 3 Deadly Ds

- **Distraction**
  - over occupied; drawn away; drag around
- **Discouragement**
  - Lies: you're useless, hopeless, abandoned
- **Doubt**
  - When our will is crossed or needs ignored or when "stuck" doing the work

### Lord Don't You Care?

- **Loneliness/frustration/leftout-ness/resentment**
- **Do work for others and nobody seems to care**

- **God became one of us – stop doubting love**
- **Won't find love shaking fist at Him or barging into His presence demanding to be treated fairly, but you will find it sitting at His feet**
- **Doubt God's existence or doubt His love**
- **Martha didn't stuff her doubts**
- **Martha's gutsy encounter:**
  - We can bring our needs to Jesus anytime, anywhere Jn 16:24
  - Jesus really cares about what concerns us  
1 Pt 5:7
  - Jesus loves us enough to confront us when our attitude is wrong Rev 3:19-20

## Psalm 27:4

**One thing I have asked from the Lord, that I shall seek (search out): That I may dwell (sit down, remain, settle) in the house of the Lord all the days of my life, To behold (gaze at, contemplate) the beauty of the Lord and to meditate (inspect, admire, care for) in His temple.**

## Fogged In

1. **Fear**
2. **Rebel Thoughts (Lies)**
3. **Striving & Earning**
4. **Competition & Rivalry**
5. **Bearing Borrowed Burdens**
6. **Worry**

## Fear

- **1 Jn 4:18 (JB Phillips) Love contains no fear – indeed fully developed love expels every particle of fear, for fear always contains some of the torture of feeling guilty. This means that the man who lives in fear has not yet had his love perfected.**
- **phobos = dread; expectation of punishment**

## Striving & Earning

- **To make great effort to achieve or obtain something; struggle or fight vigorously; to gain or incur deservedly in return for one's behavior or achievements**
- **Martha had to go all out = performance**
- **Early life lessons = behave certain way receive love**
- **School = to be noticed, picked or praised you have to be better than everyone else**
- **Do you try to be worthy so you'll be chosen**
- **Eph 1:4 even before the world was made God loved us and chose us**
- **Mt 3:17 This is My beloved Son, in whom I am well-pleased (before He did anything)**
- **It's a love received, not earned Zaire/Abby**

## Competition & Rivalry

- **Jesus didn't say, "Why can't you be more like your sister, Mary!?" (favortism)**
- **Do you compare yourself with what others are getting or what they are getting away with? Martha was...**
- **Peter vs John Jn 21:15-20-24**

## Worry

**8%** – there is nothing we can do with about **92%** of our worries:

**40%** are things that will never happen

**30%** are about the past – which can't be changed

**12%** are about criticism by other, mostly untrue

**10%** are about health – which gets worse with stress (intense worry)

**8%** are about real problems that can be solved

## Worry

- Bible tells us 350+x “fear not”
- Worry & anxiety mentioned 25x in NT
  - merizoe = to be divided, to be pulled in opposite directions, to choke
- Lk 8:14 choked by life's worries
- Mt 6:25 stop being perpetually uneasy, anxious & worried about your life

## Top Ten

10. Separate toxic from true Phil 4:8
9. Don't go it alone Pr 27:9
8. Take care of your body 1 Cor 6:19-20
7. Do what is right Acts 24:16
6. Look on the bright side Jms 1:2
5. Control your imagination Is 26:3
4. Prepare for the unexpected Pr 6:6-11
3. Trust God Ps 112:7
2. Meditate on God's Promises Heb 6:12

**And...the number 1 way to clear the fog...**

1. Pray! Phil 4:6-7

## Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

## Response

- The Great Exchange / Trade

- **Mk 10:21** Looking at him, Jesus felt a love for him and said to him, “One thing you lack: go and sell all you possess and give to the poor, and you will have treasure in heaven; and come, follow Me.”
- **Jesus’ invitation = come and sit**
  1. **Run back to what’s familiar/comfortable**
  2. **Sputter excuses**
  3. **Bow our knee**
  4. **Humble our hearts?**

## Response

Is 30:15 For thus the Lord God, the Holy One of Israel, has said, “In repentance (returning) and rest (a descent; lighting down) you will be saved (to be open, wide, or free; to be safe), In quietness (repose; idleness; inactivity) and trust (confidence) is your strength (force; valor; victory).” But you were not willing...

## The Reward = Rest

- **Ex 33:1-14 Moses & tent of meeting**
  - V14 My presence will go with you and I will give you rest
  - nu’ach = to rest; settle down; to be soothed or quieted; to be secure; to be still; to dwell peacefully

## Psalm 23

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness For His name’s sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows. Surely goodness and mercy will follow me all the days of my life, And I will dwell in the house of the Lord forever.

## Matthew 11:28-30

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

## Psalm 46:10

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Cease striving and know that I am God...

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