

# Leader's Guide to

## LESSON 2

# FINDING THE "ONE THING"

### NOTE TO LEADERS

**You can download the Leader's Guide from the website [www.EveryManAWarrior.com](http://www.EveryManAWarrior.com) to make it easier to follow while leading the lesson.**

### FINDING THE "ONE THING"

- ✓ Open the session with prayer. We will start praying as a group in lesson 7.
- ✓ Ask if everybody completed the lesson.
- ✓ Ask if everyone signed the *My Commitment* pledge on page 22. If not, ask them to do so now.
- ✓ Ask someone to start reading the lesson, and go around the circle, each man reading a paragraph or two. *Whenever there is a ✓ it means there is a question to discuss.* Stop at each ✓ and ask the questions.
- ✓ Pages 26-35: Ask each of the questions on these pages. Depending on time, have two to four people give their answer. Try to include everyone.
- ✓ Page 34: Have each person share what he wrote for his Quiet Time on Colossians 3. Make sure they follow the guidelines from *How to Share Your Quiet Time with the Group*.
- ✓ Page 35-36: Read the *Points to Remember* and the *Assignment*.
- ✓ Remind them that next week they will share from their Quiet Times.
- ✓ End in prayer, asking the Lord to help these men develop their skill in having Quiet Times.





## FINDING THE “ONE THING”



In the 1991 hit comedy *City Slickers*, Mitch and his two best friends are each confronted with a midlife crisis. Mitch, played by Billy Crystal, hates his dead-end job. His friends Phil and Ed, played by Daniel Stern and Bruno Kirby, have their own dilemmas. Phil is trapped in a sexless marriage to an overbearing wife. Ed, a playboy and businessman, is wondering if he will ever have a meaningful permanent relationship with a wife and children.

At Mitch’s thirty-ninth birthday party, Phil and Ed present their gift: a two-week cattle drive in the Southwest. The cattle drive is presented as a solution to the question that is overwhelming each man: *What really is the meaning and purpose of life?*

Into this journey rides Jack Palance as Curly. This self-reliant, tough-as-nails trail boss chastises the three city slickers for wasting their lives because they have not yet discovered the “*One Thing!*”

Mitch is terrified of Curly—yet drawn to his confidence and focused life. In a hilarious experience, Mitch and Curly battle together to deliver a newborn calf. This rare bonding experience creates a confiding moment between the two men when Curly begins to share the source of his self-confidence. “*You’ve got to discover the ‘One Thing,’*” Curly explained. “*Without it your life is always messed up.*”

Mitch rushes back to his companions. With excitement, he tells his friends how Curly knows the “One Thing.” Mitch assures them that Curly will definitely share the secret of life’s purpose. Their lives will no longer be meaningless! They are at the end of their quest! Tomorrow they will solve the puzzle of life, the “One Thing.”

But that night Curly dies. The secret to life’s purpose is lost again!

Do you know the “*One Thing*”? There is one thing in life that is above all others and gives purpose and meaning even when life is horrible, as it sometimes is. God designed you for this one purpose, and without it life is meaningless. The next few pages could radically change your life forever. *Read on with expectation!*

- ✓ How important is it to know that your life will count for something significant?



## THE FIRST BUILDING BLOCK OF DISCIPLESHIP IS THE “ONE THING!”

Last week we described discipleship as having essential elements, or building blocks. Jesus was certainly a builder of men. *The first building block of discipleship is the “One Thing,”* and it’s found in the story of Matthew 22:34-38.

*Loving God is the foundational cornerstone of your whole Christian life.*

✓ Read Matthew 22:34-38 below.

Jesus was getting all the press. The religious establishment was trying to undermine Him—and sent a lawyer to test Him. The lawyer may have been thinking about the Ten Commandments. Whatever commandment Jesus would choose, the lawyer could argue that one of the other nine was more important.

But Jesus exploded their paradigm. He did not talk about ten rules. He gave us a glimpse into the very heart of God by revealing *God’s eternal purpose: a love relationship with each of us.*

God loves you, and His greatest desire is that you would know Him intimately. He wants you to know Him so well that you start to perceive His love and begin to love Him back.

All the religions of the world except Christianity are based on sets of rules. But Jesus and His Father want a relationship with you and me. This truth is indescribable, amazing, and awesome. It is the *“One Thing.”*

***Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: “Teacher, which is the greatest commandment in the Law?”***

***Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment.”***

*Matthew 22:34-38*

✓ Take a minute and read the Matthew 22 passage again.



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*To develop a love relationship with God, we must spend time with Him.*

In verses 37 and 38 Jesus says that loving God is not only the greatest commandment but the first as well. It's the greatest—this suggests the most important, or that it has the biggest impact. It's the first—implying the highest priority, something we do before anything else. This passage describes “loving God” as the foundational cornerstone of your whole Christian life. In fact, if you and I get this right, everything else falls neatly into place and we build our lives on a foundation that will last for eternity.

If knowing and loving God with all our heart, soul, and mind is the most important thing we can do in life, *then how do we accomplish that?* It has to do with skills—and the lack of emphasis on building these skills into believers is one of the biggest blind spots of the church in America.

Let me illustrate the need for skills. I have two wonderful, beautiful daughters, now both grown. But just a few years ago they wanted to learn how to drive. The state of Nebraska required fifty hours of driving with an adult. First, we got the learner's permit and started driving in a big parking lot. Then we spent five hours over the next few days driving on some quiet neighborhood streets. We recorded every minute until each hour was completed. Eventually they graduated to busy streets and finally the interstate. Later I got a map of Omaha and said, “Take me to this address,” and each learned how to navigate the city.

*But why did I do it this way?* Because developing a safe teenage driver is about *skills, skills, skills!* What would have happened if I had just lectured my daughters for fifty hours about driving a car? We could have read books, discussed the value of different auto makers, and talked until I was blue in the face about avoiding accidents. We all know what would have happened. They would have crashed during their first driving experience.

The Christian life is like that. It has to be experienced. In fact, to succeed, like driving, *you must give significant time and energy to develop your skills.*

- ✓ What do you think of Curly's statement? “You've got to discover the ‘One Thing.’ Without it your life is always messed up.” Be prepared to share your thoughts.



- ✓ What are your thoughts about the need to develop skills in order to successfully live the Christian life?

In this lesson we discovered the *first and most important building block of discipleship: developing your love relationship with God*. Now, let's discover the skill needed to build this truth into your life.

To develop your love relationship with anyone, you must spend time with that person. The time has to be consistent and with a directed focus if the relationship is going to mature to a deeper level over time. *To develop a love relationship with God, we must spend time with Him*. It's called a “*Quiet Time*,” and there are skills that will determine its effectiveness.

- ✓ Do you believe the statement, “To develop a love relationship with God we must spend time with Him”? Why?

Now let's get started on your first skill with The ABCs of Quiet Time.

## THE ABCS OF HAVING A QUIET TIME

### **A: Ask questions and record your thoughts and meditations.**

- Is there a commandment to obey?
- Is there a promise to claim?
- Is there a sin to avoid?
- Is there an application to make?
- Is there something new about God?

*Each time you mark something in Scripture, ask yourself these questions to stimulate your thinking.*



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**B: After meditating, choose a Best Verse and write it down. Record your Best Thoughts on this verse.**

The “B” is the most crucial element in having an effective Quiet Time.

The “A” of Ask questions is like the many pellets of a shotgun shell. But the “B” of Best Verse and Best Thought is like a single rifle bullet that hits the bull’s-eye of a target.

**C: Communicate back to the Lord in prayer whatever you feel He is impressing on you. (We will examine prayer in depth in lessons 6 and 7.)**

## IMPORTANT QUIET TIME GUIDELINES

1. Choose a time and place to have a daily Quiet Time. Most men choose the morning. Depending on your schedule, you may find that before bed works best. Choose a place that will keep you free from interruption or distraction.
  2. Use the Quiet Time Journal to record your thoughts. Writing down your thoughts forces you to think and helps the Scripture to take root more deeply in you. This process will transform your life. The Enemy really fights against this.
  3. Start a new lifelong habit. Do not be discouraged if you find this hard. This will take time to establish and will challenge your priorities. But it is worth the cost. Someday you will look back and realize that your most cherished moments on earth were times spent with the Lord.
- ✓ Review the A and B definitions above. How are they different? Why is B the most crucial element of having an effective Quiet Time? What are your thoughts?



Having a daily Quiet Time is a skill. This skill will take time and effort, but it will determine your success or failure. Give it your best! Your Quiet Time will grow over time. Most men shoot for thirty minutes, but you can start with fifteen minutes:

- \* 5 minutes to read and underline
- \* 7 minutes to meditate and write in your Quiet Time Journal
- \* 3 minutes to pray
- \* The Bible is a library of sixty-six books. If you are new to Bible reading, start in the New Testament with one of the Gospels. Then read the book of Acts. After you have read four or five books in the New Testament, try the Old Testament books of Genesis, Proverbs, or the Psalms.

## THE QUIET TIME

**Attention:** You must read the following instructions to complete the lesson.

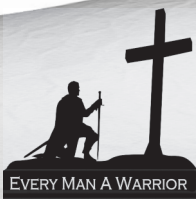
1. Take a few minutes to read Colossians 3:1-17 on pages 32 and 33. With pen in hand, underline, circle, or highlight any part of the passage that seems especially important to you.
2. Jot down one or two major themes from Colossians 3:1-17 in the Quiet Time box (page 34).
3. Choose one verse from this passage that spoke to you. This is your "Best Verse" for the day.
4. Try to do the "A" part. Ask the questions listed on your Best Verse. What thoughts come to mind?
5. Try the "B" part of Quiet Time. Write out your "Best Verse" and your "Best Thought" in the place provided. Be prepared to share what you wrote with the group.





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6. Circle any appropriate "Ask" questions that apply.
7. Use the Quiet Time sample provided from Matthew 22:34-40 as a guide (bottom, page 34).
8. We will share our Quiet Times with the group when we get to page 35 and read "How to Share your Quiet Time with the Group."

*Colossians 3:1-17*

*<sup>1</sup>Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. <sup>2</sup>Set your minds on things above, not on earthly things. <sup>3</sup>For you died, and your life is now hidden with Christ in God. <sup>4</sup>When Christ, who is your life, appears, then you also will appear with him in glory.*

*<sup>5</sup>Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. <sup>6</sup>Because of these, the wrath of God is coming.*

*<sup>7</sup>You used to walk in these ways, in the life you once lived. <sup>8</sup>But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. <sup>9</sup>Do not lie to each other, since you have taken off your old self with its practices <sup>10</sup>and have*







*put on the new self, which is being renewed in knowledge in the image of its Creator. <sup>11</sup>Here there is no Greek or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.*

*<sup>12</sup>Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup>Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. <sup>14</sup>And over all these virtues put on love, which binds them all together in perfect unity.*

*<sup>15</sup>Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. <sup>16</sup>Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. <sup>17</sup>And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.*



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Date \_\_\_\_\_ Passage I Read Today \_\_\_\_\_

Major themes from all I read.

**Ask Questions**

**Is there:**

A command to obey

A promise to claim

A sin to avoid

An application to make

Something new about God

Ask: Who, What, When, Where, Why

**Emphasize:**  
Different words

**Rewrite:**  
In your own words

Best verse and thought for the day. (Write the verse & your thoughts.)

**Communicate With God**

W - Worship Him

A - Admit Sin

R - My Requests

Date *June 1, 2011* Passage I Read Today *Matt. 22:34-40*

Major themes from all I read.

**Ask Questions**

**Is there:**

A command to obey

A promise to claim

A sin to avoid

An application to make

Something new about God

Ask: Who, What, When, Where, Why

**Emphasize:**  
Different words

**Rewrite:**  
In your own words

Best verse and thought for the day. (Write the verse & your thoughts.)

*It seems like the Pharisees and Sadducees were trying to trick Jesus. They were testing him with the question of what is the greatest commandment. Jesus talked about loving God.*

*v. 38 "This is the first and greatest commandment." I have to take this seriously. For Jesus to make a point of saying both first and greatest has special significance. I need to develop my time with the Lord so that God becomes the first and greatest part of my life also. It seems like God wants to spend time with me too if this is the commandment that God holds as first.*

**Communicate With God**

W - Worship Him

A - Admit Sin

R - My Requests



## HOW TO SHARE YOUR QUIET TIME WITH THE GROUP

Sometimes when Christians share their thoughts from the Bible with each other, they are tempted to preach or explain great spiritual mysteries. However, to save time we will share our Quiet Times each week in this way:

1. Cite the passage you read so that people can turn to it and follow along.
  2. Share your major themes from the passage.
  3. Read the Best Verse and your Best Thoughts from your Quiet Time.
  4. Share any “Ask Questions” that you circled.
  5. Follow the example at the bottom of page 34.
- ✓ Now have each person in the group share his Quiet Time from Colossians 3.

### Points to Remember

1. Developing your love relationship with the Lord is the most important, significant, essential objective you can have in life. It is the “*One Thing*.” It is the first and most foundational building block of every aspect of your Christian life. (See page 20.)
2. Having a daily Quiet Time is a skill that needs to be developed. This skill will take time and effort, but it will determine your success or failure.
3. The *ABCs of Quiet Time* will help you not just do a spiritual activity, but also develop a meaningful time of fellowship with the God of the universe. “*I want to spend enough time with Jesus every day that my heart gets glad.*”—Martin Luther

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FOR NEXT WEEK

1. Choose a time and place for you to have a daily Quiet Time. If you are new to Bible reading, start in the New Testament with one of the Gospels. Then read the book of Acts. After you have read four or five books in the New Testament, try the Old Testament books of Genesis, Proverbs, or the Psalms.
2. Have three Quiet Times using the ABCs and record them in your Quiet Time Journal in the back of the book. Be prepared to share one Quiet Time with the rest of the group. Use 1 or 2 additional Quiet Times to do your lesson.
3. You will need to have three written Quiet Times each week to complete the course requirements.
4. Come prepared having finished lesson 3. Read the lesson with a pen in hand to mark passages and jot down your thoughts.

