

# Single-Mindedness

The 30 Essentials bible study is meant to coincide with the Sunday sermon. Start each session with a review of the Pastor's sermon. Discuss the main points, take away, and scripture references. Then continue with the appropriate week's study below. The facilitator will decide the study agenda for the 4 or 5-week bible study.

## MASTER KEYS

**Key Question:** How do I keep my focus on Jesus amidst distraction?

**Key Idea:** I focus on God and his priorities for my life.

**Key Verse:** But seek first his kingdom and his righteousness, and all these things will be given to you as well Matthew 6:33

## VIDEO SEGMENT QUESTIONS

As you watch the video segment for this session, use the following outline to answer some of the main points.

1. Key Question: How do I keep my \_\_\_\_\_ on Jesus amidst the distraction?
2. Key Idea: I focus on God and his \_\_\_\_\_ for my life.
3. Key Verse: "But \_\_\_\_\_ first his kingdom and his righteousness, and all these things will be given to you as well." (Matthew 6:33)
4. Key Application. \_\_\_\_\_ lay your calendar and decisions before God for directions.
5. Key Application. Make decisions based on Christian \_\_\_\_\_
6. Key Application. Try the \_\_\_\_\_ Day Planner.
7. Key Application Learn to say "no" to the things you \_\_\_\_\_ be doing.

## EVALUATE

As a group, discuss your thoughts and feelings about the following declarations. Which statements are easy to declare with certainty? Which are more challenging and why? Use a scale of 1-6 to rate how strongly you believe the statements below. (1 = no belief at all, 6 = complete confidence)

## GROUP DISCUSSION

1. \_\_\_\_\_ I desire Jesus Christ to be first in my life.
2. \_\_\_\_\_ I see every aspect of my life and work as service to God.
3. \_\_\_\_\_ I spend time each day reading God's Word and Praying.
4. \_\_\_\_\_ I value a simple lifestyle over one cluttered with activities and material possessions.

## OUR MAP/BIBLE ENGAGEMENT

To be single-minded means to have one desire that trumps all others. One goal. One focus. From the beginning God made clear that he should be his peoples main focus. But this is challenging in a hectic. Face-placed world. It's easy for days, months and even years to get away from us. The spiritual practice of single-mindedness is all about determining our priorities and accomplishing God's will for our lives. *We will be focusing on scripture that addresses:*

- ❖ *Principles of Single-Mindedness*
- ❖ *Profiles of Single-Mindedness*
- ❖ *Product of Single-Mindedness*

## PRINCIPLES OF SINGLE-MINDEDNESS

I am the Lord your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me. Exodus 20:2-3

*In the first of the Ten Commandments, God commanded the Israelites to serve him exclusively because he was worthy of their trust, as he had proved by delivering them from Egypt. Later, just before Moses died and the Israelites entered the promised land, God inspired Moses to remind the people of their single-minded calling.*

**Read Deuteronomy 6:1-9 and answer the following questions (s).**

What did God promise to the Israelites if they obeyed the first commandment and kept their covenant with him?

---

God's people were given the first commandment because they needed to submit fully to his authority and look to him and him only to provide all they needed. In the New Testament, Jesus described the "other gods" we might have in a way that hits close to home.

**Read Matthew 6:19-24 and answer the following question(s).**

What kind of "treasure" keeps us from being single-minded?

---

How can "unhealthy eyes" keep us from being single-minded?

---

Why isn't it possible to serve two masters?

---

## **PROFILES OF SINGLE-MINDEDNESS**

King Jehoshaphat of the southern kingdom of Judah faced a tremendous challenge. His land was threatened by a hostile army. Rather than being overcome by fear, Jehoshaphat led the people to turn to the Lord with single-minded and wholehearted trust.

**Read 2 Chronicles 20:1-30** Identify the key beliefs in which Jehoshaphat anchors his prayer. How can these key beliefs instill confidence in God's provision and guide our decisions?

---

Unfortunately, Jesus' disciple Peter had a bit more trouble retaining his single-minded focus when he was distracted. Peter's experience is a good reminder of how we are to think about Jesus, and keep our eyes on him, even when our thoughts get sidetracked or we feel frightened.

Read Matthew 14:22-33

Can you list some of the things that distract you from putting God first in your life?

---

What can you do to become more focused on God?

---

## **PRODUCT OF SINGLE-MINDEDNESS**

Near the end of the book of Deuteronomy – and Moses' life – the Lord called the Israelites to make a choice: trust and obey his commands or go their own way. Speaking through Moses, God gave this message to his people. And what was the result of the people's decision? Because they chose obedience, the following seven years were the most fruitful years in Israel's history – the glory days!

---

In the New Testament, the apostle Paul also challenged believers to establish a single-minded commitment to God. And with his exhortations came encouraging promises about the fruitful results of such devotion. As it was for the Israelites, so it is with us today: If we single-mindedly focus on Christ and his will for our lives, we will experience our own glory days!

1. Read Romans 12:1-2 What should we do to conform to single-mindedness?

---

2. Read Colossians 3:1-4 What should we set our minds on?

---

3. Read Colossians 3:15-17 What should be the focus of our thoughts and actions?

---

## WHAT WE BELIEVE

The practice of single-mindedness is about setting priorities. This involves putting our past decisions and actions behind us and focusing on God's kingdom with help from the Holy Spirit. The Bible presents us with many inspiring profiles of people who have displayed tremendous single-mindedness of God, including King Jehoshaphat in the Old Testament and Jesus the New Testament. During his early years Peter struggled to "fix his eyes" on Jesus, but later he and the disciples declared with great conviction in the face of persecution, "We must obey God rather than human beings" (Acts 5:29). The product of a life of single-minded determination and focus is an untouchable peace from the hand of the one true God who loves us deeply. Seek first God's kingdom!

## CASE STUDY

*Use the following case study as a model for a real-life situation where you might put this week's key idea into practice.*

Your good friend Patty has an internal motor that never stops. She is a mother of three, owns her own business, is president of the PTA, and somehow finds time to work out five days a week. Like clockwork, when you ask her how she is doing, the answer is always, "Busy." Many years ago, when you were in a Bible study together, you openly talked to each other about your spiritual lives. These days when you ask her what God is doing in her life, she replies, "Not much. I wish God were more a part of my life, but I just don't have time anymore. I'm barely keeping myself afloat the way things are. I don't know how I could squeeze more into my schedule."

*Using the Key applications from this session, what could you say or do to help Patty? (If needed, refer to your video notes for a reminder of this session's key applications)*

## TAKE ACTION

Memorizing Scripture is a valuable discipline for all believers to exercise. Spend a few minutes each day committing this week's key verse to memory

*Key Verse:* "But seek first his kingdom and his righteousness and all these things will be given to you as well." (Matthew 6:33)

*Key Idea:* I focus on God and his priorities for my life.

**Answer the following question to help you apply this week's Key Idea to your own life.**

1. How would this practice express itself in your life?

---

2. What visible attributes can be found in someone who practices single-mindedness?

---

3. What is impeding your ability to live single-mindedly? How can you overcome this obstacle?

---

4. What action step can you take this week to increase your awareness of God's involvement in your daily life?

---

## DEVOTIONAL

Seek first his kingdom and his righteousness, and all these things will be given to you as well." Matthew 6:33

Max Lucado tells the story of a little girl who earns enough money to buy a pretty faux pearl necklace. One night her daddy comes to tell her good night and asks her, "Do you love me?" The daughter replies, "Oh, yes, you know I love you!"

"Then give me your pearls," he says.

"Oh, not my pearls, Daddy! You know I love my pearls."

Several nights pass, then one evening the dad sees tears filling up his little girl's eyes. He asks, "What's wrong?"

Holding out her hand, she opens it and offers her strand of pearls to her dad, explaining, "I love my pearls, Daddy, but I love you more."

The dad accepts the pearls and then reaches into his pocket. He pulls out a beautiful genuine pearl necklace and places it in his daughter's hand.

Your heavenly Father wants you to open your hand and let go of the temporal things of your world so he can replace them with the genuine eternal things of his kingdom.

**PRAYER JOURNAL:** You have been pointed to the truths of what it means to think, be and act like Jesus as it relates to Single-Mindedness. But it's prayer that will empower you to become all that you were created to be. Whatever you would say or think in a conversation with the Lord at this time write it here.

Week 1
Week 2
Week 3
Week 4
Week 5