

SISTERHOOD *Lounge Room*



From our lounge room to yours!

**This One Thing
Handout Week 1**

Welcome back to the Sisterhood Lounge Room.

This month Nicola, Maureen, Kirsty, and Mary discuss ‘this one thing.’ Staying focused, distraction free, and keeping the main thing the main thing ... Jesus.

As you take a moment to watch this episode in your lounge room, we have highlighted the key scriptures, main points as well as a few questions you can use to reflect on personally or with your friends to continue the conversation...enjoy.

“I’m not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don’t get me wrong: By no means do I count myself an expert in all of this, but I’ve got my eye on the goal, where God is beckoning us onward - to Jesus. I’m off and running, and I’m not turning back.”

- Philippians 5:12-14

HOW CAN WE LEARN FROM OUR PAST TO KEEP US FOCUSED ON OUR FUTURE?

Maureen reflected on the last year of how personal and professional changes used to drive her emotional responses and mood. However, on the journey of learning to become content in all things, truly understanding the joy of contentment that is found in intimacy with Christ, has helped her stay focused on the future.

Nicola shared how in Philippians 3 Paul outlines his credentials, achievements, and responsibilities. But he explains that in the light of knowing Jesus, everything is put into proper perspective and order.

Q- Where or when in life have you allowed your achievements or successes to become of more value or priority than the things of God?

Q- Would you say you are a content person, or are you always dissatisfied?

Q- How can you be content in circumstances that are far from ideal?

Mary said that it’s a question of conviction: Paul knew who he was, what he believed, and why he believed it.



Being passionate like Paul and keeping the main thing the main is possible when we do not let everyday distractions get in the way of our relationship with Jesus. We need to keep our convictions central, not our distractions.

Q- Take a moment to identify distractions that have got in the way of your convictions.

HOW DO WE LIVE WITH A PERSPECTIVE OF ETERNITY?

Maureen said that it's easy for all of us to become consumed with the wrong things. Keeping an eternal perspective will help us to invest in what really matters and what is lasting. Prayer, knowing the living word of God, friendship with those who talk about the things of God, all help us live within this perspective.

Q- Would you say you live moment to moment or with an eternal perspective of the world?

Q- Take time to think about what eternal versus temporal impact means. How can you live with an eternal focus in mind?

Q- When last did you spend time with friends talking about the things of God?

VERSE SPOTLIGHT "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize." 1 Corinthians 9:24

Kirsty shared four practical ways to keep Jesus at the centre and live a life in light of eternity:

1. Become more aware of yourself: "Be still, and know that I am God." Psalm 46: 10.
This is an instruction to stop and experience stillness in the presence of God. Here true perspective on our personal life can be experienced in light of who God is.

2. Be present: "See how the flowers of the field grow. They do not labour or spin." Matthew 6:28
When something is rooted, it doesn't struggle to grow. When the right elements are present a flower cannot help but grow.

3. Commit our problems daily: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6.

Don't pretend that your concerns do not exist. Present them to God and by committing them to God through prayer, you can experience peace.

4. Know the word: Have the living word of God inside you as the anchor to your life.

Q- Which of these four practices do you need to focus on right now?

Q- Do you tend to get anxious about things? How can you practice releasing your worries to God and leaving them with Him?

Q – With many distractions in life, how do you practice being 'still' with God?

PERMISSION TO NOT HAVE IT ALL TOGETHER

Nicola explained that in Philippians 3 Paul says he doesn't have it all together, and therefore gives us permission to acknowledge that we do not either have it all together.

Mary shared that how for many years she struggled with this idea of not having it all together, which was only amplified by the digital world displaying everyone's successes and how comparison crept in. She came to realise that our race is not meant to be the same as everyone else's.

Q- Where have you allowed comparison to creep into your life?

Q- What might you need to change or adjust in your life to stop comparing yourself to others?



VERSE SPOTLIGHT “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.” Hebrews 12:1

Reflecting on this scripture, Mary said that this great cloud of witnesses included people who temporarily took matters into their own hands: Abraham, who was given a promise of a son that would make him the father of many nations, chose to get his wife’s servant pregnant. Moses, who was used as the deliverer for Israel was exiled for murder in defence of an Israelite outside the timing of God. Their life looked momentarily off-track, but God still used them for his promised purpose for their lives. They had to learn to throw off everything that hindered, including fear and doubt.

To run the race marked out for us is to understand that we have a purpose and a plan that is only marked out for us. Give your attention to running your race well and not comparing yourself to others or letting fear and doubt derail you.

Q- Hebrews 12 talks about throwing off everything that hinders and entangles us. Thinking of your life right now, what is something you need to throw off that could be hindering you?

Q- Hebrews 12 also talks about running with perseverance. Why do you think perseverance is important when it comes to the race God called us to?

WHAT’S ONE THING THAT WALKING WITH JESUS HAS TAUGHT YOU?

Reflecting back over the journey of her life, Kirsty shared that the ‘one thing’ she has learnt from her journey is that God is completely faithful in all seasons and at all times.

Q- Thinking of your own journey, what is an example of God’s faithfulness to you over the seasons of your life?

Q- What’s the ‘one thing’ that walking with Jesus has taught you?

FINAL THOUGHT.

Nicola encouraged us to keep the main the main thing. To run our own race marked out by God, with our eyes firmly fixed on Jesus, knowing that we don’t run alone, and what he calls us to He graces us for.

mind as we continue to walk with you. Amen