

**The One Thing**  
**Psalm 27**

**Opening Worship**

**Take My Life and Let it Be  
Fairest Lord Jesus  
Teach Psalm 27**

**If you knew One Thing that would bring peace to the chaos and clutter in your life would you set your heart's desires, focus and purpose on it?**

Richard Foster - *“Christian simplicity is not just a faddish attempt to respond to the chaotic and materialist world in which we find ourselves; it is a call given to every Christian in every age to follow Christ.”*

**1. In this Psalm David teaches us how to bring God our \_\_\_\_\_  
and our \_\_\_\_\_.**

D.A. Carson says, *“There is no attempt in Scripture to whitewash the anguish of God’s people when they undergo suffering. They argue with God, they complain to God, they weep before God. Theirs is not a faith that leads to dry-eyed stoicism, but to a faith so robust it wrestles with God.”*

Story of David is found in 1 and 2 Samuel, 1 Chronicles 11-15, 28-29, 1 Kings 2 and the Psalms of David.

In Psalm 27 David brings his fear to the only One who can handle it, His God.

*1 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?*

Only our God can pierce the darkness with His light. Light is also a symbol for truth, goodness, and joy.

**David proclaims who God is as he faces his fear. He puts God at the centerpiece of His life and in that choice he finds \_\_\_\_\_.**

Verses 2 and 3 show the confidence that David has in his God.

*2 When the wicked advance against me  
to devour me,  
it is my enemies and my foes  
who will stumble and fall.*

*3 Though an army besiege me,  
my heart will not fear;  
though war break out against me,  
even then I will be confident.*

**God has given us a place of rest in Himself.**

NKJV translation of verse 4 -

***One thing I have desired of the Lord,  
That will I seek:  
That I may dwell in the house of the Lord  
All the days of my life,  
To behold the beauty of the Lord,  
And to inquire in His temple.***

### **Behold or gaze**

châzâh in Hebrew

A primitive root; to *gaze at*; mentally to *perceive, contemplate* (with pleasure); specifically to *have a vision of*

KJV Usage: behold, look, prophesy, provide, see.

The beauty of the Lord is His character, His glory.

### **Inquire or meditate**

bâqar in Hebrew

A primitive root; properly to *plough*, or (generally) *break forth*, that is, (figuratively) to *inspect, admire, care for, consider*

We see this beautiful heart of David in these verses in Psalm 27.

The Lord is greatest delight.

**What is your greatest delight? What is it you seek? What have you set your gaze on?**

## 2. We \_\_\_\_\_ what we \_\_\_\_\_.

God must be treasured as the supreme gift of the gospel. When God is treasured as the ultimate gift, then all other gifts - forgiveness, justification, heaven, eternal life, freedom, ultimate healing, and the beauty of His grace are enjoyed.

John Piper writes in his book God is the Gospel, "*Only one thing should be our highest goal ...seeing and savoring Jesus Christ, being changed into the image of His Son so that more and more we delight in and display God's infinite beauty and worth.*"

## 3. When God is our greatest treasure we set our hearts to \_\_\_\_\_ Him.

*5 For in the day of trouble  
he will keep me safe in his dwelling;  
he will hide me in the shelter of his sacred tent  
and set me high upon a rock.*

*6 Then my head will be exalted  
above the enemies who surround me;  
at his sacred tent I will sacrifice with shouts of joy;  
I will sing and make music to the Lord.*

*"We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased." (C.S. Lewis)*

**We must fix our eyes on the greatest gift - the glory of God of the gospel.**

### **Hebrews 12:1-2 (NASB)**

*12 Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, 2 fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*

**Philippians 3:8 (ESV)**

*8 Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ.*

**Psalms 16:5** - *the Lord is my portion and my cup*

**Prayer**

*“ Father, I want to know You, but my coward heart fears to give up its toys. Please root out from my heart all those things which I have cherished so long and which have become a very part of my living self, so that You may enter and dwell there without rival.*

*Oh God, I have tasted Thy goodness, and it has both satisfied me and made me thirsty for more. I am ashamed at my lack of desire. Oh God, the Triune God, I want to want Thee. I long to be filled with longing; I thirst to be made more thirsty still. Show me Thy glory. “(A. W. Tozer)*

**Communion**

*Turn Your Eyes Upon Jesus*

*Behold the Lamb (Communion Hymn)*

*Build My Life*

***DESIRE and SEEK***

Dallas Willard speaks to that gap between how we live and what we believe. He says, *“We always live what we believe, we just don’t always live what we profess to believe.”*

**Pursuing the One Thing is about intimacy with Christ. It is about the desire to know and be known and that can only happen when we choose to seek.**

***What the world needs to see is the worth of Christ on passionate display in the worship, work and word of our lives.***

- **Seek to Know His \_\_\_\_\_** David puts it this way - to dwell in the house of the Lord all the days of my life.

- **Seek to Know His \_\_\_\_\_** To behold and gaze on the beauty of the Lord.

The beauty of the Lord is His character. The more we behold it, fix our eyes and heart on it and gaze upon it, the more we reflect it.

We practice the disciplines of the faith for the purpose of godliness in our lives - that we might be changed, that we might find our rest in Him. We practice them because they were the pattern of Jesus when He lived on earth. In the disciplines we place ourselves before God in order for Him to work in and through us. In them we form holy habits that sustain us when things get crazy and storms and disappointments of life come.

Richard Foster writes about the discipline of simplicity and integrating our lives so that we are in constant communion with Christ. *“But we fool ourselves if we think that such a sacramental way of living is automatic. This kind of living communion does not just fall on our heads. We must desire it and seek it out. Like the deer that pants for the flowing stream, so we thirst for the living Spring. We must order our lives in particular ways if we hope to quench that thirst. We must take up a consciously chosen course of action that will draw us more deeply into perpetual communion with the Father.”* *Freedom of Simplicity*

- **Seek to Know His \_\_\_\_\_** Inquire (or meditate) in His temple

Christian Simplicity is making God the center of your life, the One whom you fix your eyes upon and whom you treasure above all things. And so as we see the cries to simplify all over the media and our culture and understand it to be the cry of our own lives we can choose to live differently.

Discovering your sacred pathway to meet with God best opens the doorway for you to inquire of the Lord.

In verse 7 and 8 of this Psalm David says,

*7 Hear, O Lord, when I cry aloud;  
be gracious to me and answer me!  
8 You have said, "Seek my face."  
My heart says to you,  
"Your face, Lord, do I seek."*

In the last two verses of Psalm 27 David writes these words -

***Psalm 27:13-14 (NIV)***

*13 I remain confident of this:  
I will see the goodness of the Lord  
in the land of the living.  
14 Wait for the Lord;  
be strong and take heart  
and wait for the Lord.*

The Hebrew word for wait is "Qavah" which means to "entwine" or to "wrap tightly together."

In these final verses David gives his statement of faith. His confidence and courage is in the goodness of the Lord. He trusts in the Lord for He is His light and salvation and he is free from fear, free to wait and free to praise. David knows that the Lord is the One thing worthy of His greatest desire and that is whom He seeks.

**Closing Worship**  
***I Will Wait for You***  
***Psalm 27***

*Writings and Sermons by John Piper, Charles Spurgeon, David Jeremiah, Dallas Willard,  
Tim Keller, A.W. Tozer: The Pursuit of God, John Piper: God is the Gospel,  
Gary Thomas: Sacred Pathways: Discover Your Soul's Path to God,  
Richard J. Foster: Freedom of Simplicity*

## One Thing Study Guide Your Personal Journey

### *Questions for reflection*

- 1. *What are your struggles, your fears?***
- 2. *What do you need to know about God's character?***
- 3. *Will you choose the gift of simplicity for your life in order to draw near in intimacy with Jesus?***
- 4. *What changes can you make in your life to make God your greatest treasure?***
- 5. *What have you learned about how to order your life and days so that they are a true reflection of what you desire and seek?***
- 6. *How can you seek to know His presence, seek to know His character, and seek to know His wisdom? What changes do you need to make?***
- 7. *Consider journaling throughout the study as the Lord reveals His heart for you in this One Thing journey.***

### **Recommended Reading Resources:**

1. Enlarge your understanding of God's Character - A.W. Tozer: The Knowledge of the Holy. (This is essential if you've never read it) The Pursuit of God
2. Ignite your Passion for God - John Piper: God is the Gospel, Seeing and Savoring Jesus Christ
3. Explore creative ways that you best express your love for God based on the way He uniquely created you - Gary Thomas; Sacred Pathways: Discover Your Soul's Path to God
4. Explore and learn about the Disciplines of the Faith and Spiritual Formation - Richard J. Foster: Freedom of Simplicity, Celebration of Disciplines, Prayer - Finding the Heart's True Home
5. Devotional Reading - Ken Gire: Moments with the Savior (take a journey with Jesus through the gospels and learn how to meditate and enter into Scripture through Gire's beautiful reflections and prayers)
6. Wonderful books on the life of David - Chuck Swindoll: David: Man After God's Own Heart, Beth Moore: David: Seeking a Heart Like His

- ***For continued growth in this study, ask the Lord to give you a desire and passion for His Word, then surrender to the work of the Holy Spirit within you as you seek.***
- ***Write your desires down and then choose to seek Jesus as your One Thing.***
- ***Pull away in silence and solitude.***
- ***Make a place where you can go and meet with God that is set aside for your personal time for study, prayer, Scripture meditation and worship or go outside into nature.***
- ***Meditate on His Word.***
- ***Review Psalm 27 for your own personal reflection.***
- ***Below are some Psalms of David that would be encouraging to spend some time in or choose your own.***
- ***Read the entire Psalm and then choose one or two verses for Scripture meditation over several days or longer.***
- ***Below are some sheets to aid you in meditating on Scripture if you desire. If this is new to you they could be a very helpful guide. Make copies of the blank Lectio Divina sheets to use with the different Scriptures in the months ahead.***

***Psalm 27, Psalm 63, Psalm 8, Psalm 86, Psalm 130, Psalm 145***

## **Scripture Meditation - Lectio Divina Method**

Studying Scripture and Meditating on Scripture serve different purposes in our faith journey. In “study” you dissect the text, ask questions about the text, read and compare facts and new ways of applying the facts. In “Meditation” you savor the text and enter into it, let the text ask questions of you, read to let God speak to you (in light of facts already absorbed and learned in study.)

In Scripture Meditation we “put on the Mind of Christ.” Lectio Divina means divine or sacred reading. Meditation builds the skill of hearing God at the heart and soul level. It is a formational approach to Bible study in which we invite the Holy Spirit to enlighten us and draw us into a divine encounter for today that will transform our character so that we reflect God’s character. The four phases involved in this method include reading, meditating, praying and contemplating the Scripture. In Scripture meditation we let the text ask questions of us. We internalize and personalize the passage. We learn to wait and listen for God to speak. In Scripture Meditation we are challenged to let our God, all powerful and infinite, enter into the messy realities of our lives and offer hope, wisdom, comfort and sometimes confrontation.

God’s word is meant to be cherished as personal, savored as our soul’s delight, and ignited by the Holy Spirit’s fire to bring life and passion to the heart of every believer.

*"Let the word of Christ dwell in you richly; in all wisdom teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts unto God." Colossians 3:16*



## Scripture Meditation - Lectio Divina Method

**1. Find a quiet place where you can be alone and listen for God to speak.**

**2. Take a moment and relax your body and mind.** *Breath in and out slowly. If you find your mind is full of distracting or interrupting thoughts jot them down for later reference so that you can let go of them at this time.*

**Surrender your heart and mind to the Holy Spirit's control.**

*Ask the Holy Spirit to give you a fresh perspective on the Word today as you read.*

**3. Read the Scripture you have chosen for meditation today.**

**Is there a word or phrase that emerges as you reflect on this passage of Scripture?** *Write it down in the space below.*

**Reflect - could there be something in this passage today that the Lord is offering to enlarge your understanding?**

*Write it down in the space below.*

*What do you need to know from this passage?*

**4. Pray using the Scripture as a guide.**

*Tell God what you sense at this time.*

*Ask God what He wants to show you.*

*Thank God for His revelation to you.*

**5. Contemplate the Scripture.**

*Enjoy His presence.*

*Ask and listen for what the Lord wants to say to you at this time.*

**6. Write down any thoughts or prayers in the space below or in your journal.**

