



## One Thing

Someone once said that “to kill a man's vision, give him two.” This is a very true statement. God created us with the ability to only focus on one thing at a time and have effectiveness in that one thing.

We have to be so fixed and laser-focused on that which we want to excel at. Divided attention is one of the reasons we do not excel at what we do. Although our society promotes multitasking, the truth is multitasking is doing two things poorly. It's practically impossible to be equally effective at two things at the same time. Multi-tasking is the opportunity to screw up more than one thing at a time. What we call multitasking is nothing but multi-switching and what it does is reduce productivity and increase mistakes by a huge margin. Our brain isn't capable of multitasking. I have read that multitasking is a myth; therefore, success demands and requires singleness of purpose.

There is a need for specialty, and this is also evident in the way **the secular professions work**. Doctors have a specialty because of how vast the field is. If you find a doctor that claims to be good at more than one specialty, it's time to leave quickly. That doctor will either be good at one or be poor at the other, but not good at both. If we are to be excellent at what we do, we need to do one thing. True, our society encourages being good all around, but the problem with that is that it makes someone effective and an expert at nothing. If we want to be effective, we have to focus on one thing.

Take an example of a soccer player (Christiano Ronaldo or Messi) who is currently the best in the world, the reason he is so excellent at kicking a ball is that he is neither a basketball player nor a tennis player at the same time.

If he were, he would not be the best at soccer. **He can't be equally effective and excellent at two sports at the same time.** Divided attention doesn't produce excellence or effectiveness.

This is true in the spiritual realm as well. **God created us with the ability to be good at one thing at a time, not at multiple things at a time.**

If we are to be the best and successful at what we do, we need to, we have to learn to **focus on that which God has called us to do.** It could be the fivefold ministry, or it could be at our secular work, but we have to do one thing.

What is your one thing? If someone asked you, what your one goal is, what would you say?

Matthew 6:21 *"For where your treasure is, there will your heart be also."*

If we want to know our one thing, we have to look where our heart is. What is it that brings you satisfaction, fulfillment, and completion? That is your one thing and that is your treasure. That is where your heart is."

One of the reasons we fail at our one thing is because we are busy doing more than one thing. We have our focus and attention divided.

#### A. Jesus

a) John 4:34 *"Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work."*



i) Jesus was so focused on what he came to do. Jesus knew the will of His father and was determined to finish it. He was not sidetracked by the things of this world.

b) John 6:15 *"When Jesus therefore perceived that they would come and take him by force, to make him a king, he departed again into a mountain himself alone."*

i) Here is an example where Jesus recognized that these men wanted to take him by force and make Him King.

- ii) Jesus knew what they were planning to do, and He withdrew Himself. The reason He withdrew was that He was already King and that was not the reason He came to the earth.
  - iii) He came to serve not to be served; He came to die for the sins of the world not to be king.
  - iv) He was determined to do **one thing** and that is why He was successful at it. Had he not been focused at this one thing; He would have failed at His primary mission.
- c) Matthew 6:33 "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."
- i) This verse is not only emphasizing seeking the Lord, but it is also stressing seeking the Lord as a **priority**. That is why it uses the word "*first*."

## B. David

- a) Psalm 27:4 *"One thing have I desired of the Lord, that will I seek after; 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 enquire in his temple."*
- i) Under the New Covenant, our desire should be to **dwell in God's presence and have fellowship and intimacy with Him**.
  - ii) **The most important thing in this world is our relationship with the Lord.** We should have our primary focus on the Lord.
  - iii) We should set our hearts out to do one thing—relationship with the Lord and seeking after Him full speed and full force.

## C. Paul

- a) Philippians 3:13-14 *"Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those*

*things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."*

"I do not consider, brethren, that I have captured and made it my own [*yet*]; but one thing I do [*it is my one aspiration*]: forgetting what lies behind and straining forward to what lies ahead," AMP Version."

- i) The key and secret to Paul's success was very simple. **He did one only thing.**
  - ii) This one thing was his relationship with the Lord.
  - iii) **Paul kept the main thing the main thing.** Paul was not going to be left focusing on his past success but press forward with his relationship with God.
  - iv) Fame, money, power, and sex always dilute our focus on what we can do for the Lord. The strength of a laser lies in the fact that all its light is focused in one place.
  - v) If we are going to live a victorious vibrant and shining Christian life, we need to have a **single purpose and vision.**
    - In other words, if we want to achieve our goal and our one thing, we must establish it as our priority and laser focus on it.
- b) Matthew 6:22 *"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light."*
- i) This verse is not talking about physical but **spiritual vision** and it encourages us to keep our heart's focus single upon Jesus.
  - ii) In other words, our focus and attention should be solely on Jesus and His Word, nothing else. If we do that, then we will be full of light.
  - iii) Full light comes from the singleness of vision and focus.

c) Colossians 3:1-2 *"If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. [2] Set your affection on things above, not on things on the earth."*

- i) Our affection should be entirely on the things above not on the things of the earth. Seeking the things above where Christ is seated on the right hand of God.

*"Be like a postage stamp—stick to one thing until you get there."* —Josh Billings