

# THE FIVE ONE THINGS

## THE ONE THING YOU PURSUE

MARCH 2

### GROUP NORMS

Be courageous, be compassionate, be connected  
Be a cog...not a hog or a log  
Be a listener...not a fixer

NOTE: Don't feel the pressure to ask all of these questions. You may want to prioritize which ones you think will generate the most discussion within your group. There are a few cues for personal reflection that the group leader may also bring into the discussion if time and group dynamics allow.

## SUMMARY

When life is chaotic and disrupted, we often pursue quick solutions—fixing problems, escaping, or looking to others. But David, in Psalm 27, shows us a better way. In the face of fear and uncertainty, he prayed for one thing—not relief, but God's presence. True confidence and peace come from dwelling with God, not controlling circumstances. Pursuing His presence through prayer, Scripture, and reflection anchors us in unshakable confidence. Like David, we're invited to passionately seek God above all else—because a centered life isn't found in answers, but in being with Him. Stay with God. Take heart.

## DISCUSSION

Icebreaker:

If a genie popped out a bottle what's one thing you would wish for yourself?

Discussion:

When life feels chaotic or uncertain, what's your coping mechanism —do you try to fix things, escape from it, deny that it's an issue, or play the victim When life gets upside down or disrupted, how do you pray

Read Psalm 27:4 "One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple." David prayed for just "one thing" when his life was disrupted—to know the God's presence. Why?

Can you think of a time when you were faced with one of life's disruptive moments, and then somehow, somehow you became aware of God's presence, and it brought you an unexpected peace or confidence.

What's one practical way you can intentionally remind yourself of God's presence this week, even in the middle of disruptive moments?

Prayer Time Guide:

Let's take a moment to quiet our hearts and turn our focus toward God's presence. As we pray, let's ask Him to give us a desire to seek Him above all else and to help us find unshakable confidence in His presence, no matter what we face.