

Walking with Jesus — 2011 Fall Spiritual Practices

For the next several weeks I will be sharing a series of messages called, Just One! To help you have “tuning time” with God, I invite you to share with the in four spiritual exercises over the next four weeks asking God to reveal his will for this time in your life — what we will call your “One Tune”:

1. Saying the **Lord’s Prayer** each day, asking God to bring His Kingdom to reality in our efforts as a church family and our own actions personally.
2. Saying “**The Jesus Shema**” as a reminder of our primary allegiance to God and our commitment to love God and love others in His name.
3. Saying **The Great Commission** each day to remind us of our mission to the world.
4. **Reading Mark 1 each day** for the next four weeks to see how Jesus lived for “Just One”!



The Great Compass: The Lord’s Prayer (Matthew 6:9-13 NKJV)

*Our Father in heaven,
Hallowed be Your name.
Your kingdom come.
Your will be done
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
As we forgive our debtors.
And do not lead us into temptation,
But deliver us from the evil one.
For Yours is the kingdom and the power
and the glory forever. Amen.*

The Great Command — “The Jesus Shema” (Deuteronomy 6:4; Matthew 22:37-40 NIV)

Hear, O Israel: The Lord our God, the Lord is one! ... Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.

The Great Commission — Last Words, First Priority (Matthew 28:18-20 NIV)

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Learning to Live God's Tune for My Life

In a world of so much need and in a time when we find ourselves so overwhelmingly busy, we still yearn to honor God and bless others while struggling with feelings of being overwhelmed. The honest follower of Jesus wrestles with genuine and important questions. How can I do what honors God and not burn out or neglect what is most important? In a world of so much need, can I do anything to make a difference? If I can't help everyone in need around me, is it wrong to help only a few ... or even just one? How do I know when to say "No!" and when to say "Yes!"?

Using *Mark 1:29-45* as our guide, we will examine Jesus as he demonstrates how to live God's mission for his life without getting distracted by the many other good things he could do ("One Tune"). We will see how he shares "a touch of grace" with a man with leprosy that is directly in his path ("One Note"), notice how he focuses his ministry for this season of his life ("One Measure"), and see how he invests himself in the lives of a few others so they can learn the tune for their lives ("One Song"). Here's a quick overview of the four key messages, principles, and prayers.

1. One Tune

Our "One Tune" is God's mission for us at this stage of our lives.

Key Principle: *I can't do everything, not even everything that matters, so I will do what matters most to God!*

Key Prayer: *O Lord, help me see your mission for me at this time in my life.*

2. One Note

Our "One Note" is that opportunity each week to share a touch of grace.

Key Principle: *I will do for one what I wish I could do for everyone.*

Key Prayer: *O Lord, what's my one note to play, that special touch of grace you want to me to share with someone this week?*

3. One Measure

Our "One Measure" is the ministry where we will use our spiritual gifts during this current season of our lives — our seasons are Fall, Spring, & Summer.

Key Principle: *While I can do many things, during this season of my life I commit to honor God and bless others by ministering in this specific way.*

Key Prayer: *Dear Lord, thank you gifting me to serve you in this special way.*

4. One Song

Our "One Song" will always include helping our children and grandchildren learn God's tune for their lives. In addition, God will lead a few other special ones to us that we can help learn their "One Tune" and live for him.

Key Principle: *While I know many people, I recognize that God has purposely and uniquely positioned me to help a few grow to become like Jesus.*

Key Prayer: *O Lord, please help me focus on those that you have uniquely positioned in my life and equipped me to help to follow you more completely.*