

“One Thing Is Necessary”

“Come to me, all who labor and are heavy laden, and I will give you rest.”

Jesus

You are Here:

Judges 21:25 In those days there was **no king in Israel. Everyone did what was right in his own eyes.**

Hebrews 12:26 At that time his voice shook the earth, but now he has promised, **“Yet once more I will shake not only the earth but also the heavens.”**

Hebrews 12:27 This phrase, “Yet once more,” indicates **the removal of things that are shaken—that is, things that have been made—in order that the things that cannot be shaken may remain.**

Hebrews 12:28 Therefore let us be grateful for receiving **a kingdom that cannot be shaken**, and thus let us offer to God acceptable worship, with reverence and awe...

*“100% of anxiety comes from fear.
100% of fear comes from insecurity.
100% of insecurity comes from trying to secure yourself
in something that is not secure.”*

Luke 10:38 Now as they went on their way, **Jesus** entered a village. And a woman named **Martha** welcomed him into her house.

Luke 10:39 And she had a sister called **Mary, who sat at the Lord’s feet and listened to his teaching.**

Luke 10:40 But **Martha was distracted with much serving.** And she went up to him and said, **“Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.”**

Luke 10:41 But the **Lord** answered her, “Martha, Martha, you are **anxious and troubled about many things,**

Luke 10:42 but **one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”**

John 14:27 **Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.**

John 16:33 I have said these things to you, **that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.**”

**In the world - tribulation
In Jesus - peace**

Things you need to know about the one who is the only source of peace:

Mark 8:27 And Jesus went on with his disciples to the villages of Caesarea Philippi. And on the way he asked his disciples, **“Who do people say that I am?”**

Mark 8:28 And they told him, “John the Baptist; and others say, Elijah; and others, one of the prophets.”

Mark 8:29 And he asked them, **“But who do you say that I am?”** Peter answered him, **“You are the Christ.”**

Mark 10:17 And as he was setting out on his journey, a man ran up and knelt before him and asked him, **“Good Teacher, what must I do to inherit eternal life?”**

Mark 10:18 And Jesus said to him, **“Why do you call me good? No one is good except God alone...”**

Mark 10:21 And Jesus, looking at him, **loved him**, and said to him, **“You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me.”**

Isaiah 9:6-7 For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, **Prince of Peace**. Of **the increase** of his government and **of peace** there will be no end, **on the throne** of David and over his kingdom, **to establish it and to uphold it** with justice and with righteousness **from this time forth and forevermore**.

Revelation 4:2 At once I was in the Spirit, and behold, **a throne stood in heaven, with one seated on the throne.**

Isaiah 55:8-9 For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. For as the heavens are higher than the earth, so are **my ways higher than your ways and my thoughts than your thoughts.**

John 13:7 Jesus answered him, “**What I am doing you do not understand now, but afterward you will understand.**”

Hebrews 11:6 And without faith it is impossible to please him, for **whoever would draw near to God must believe that he exists and that he rewards those who seek him.**

Exodus 34:6 The LORD passed before him and proclaimed, “The LORD, the LORD, a God **merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness...**

Zephaniah 3:17 The **LORD your God is in your midst**, a mighty one **who will save**; he will **rejoice over you with gladness**; he will **quiet you by his love**; he will **exult over you with loud singing.**

Isaiah 41:13 For I, the LORD your God, **hold your right hand**; it is I who say to you, “**Fear not, I am the one who helps you.**”

Psalms 35:27b ...“**Great is the LORD, who delights in the welfare of his servant!**”

Psalms 56:9b ...This I know, that **God is for me.**

*“We never know what God is going to do next,
but we always know what He will be like.”*

1Peter 5:7 casting all your anxieties on him, **because he cares for you.**

He is sovereign and He cares for you!

Jeremiah 29:11 For I know the plans I have for you, declares the LORD, **plans for welfare** and not for evil, to **give you a future and a hope.**

Peace and Contentment is learned, experientially.

John 3:30 **He must increase, but I must decrease.**”

Philippians 4:11 Not that I am speaking of being in need, for **I have learned in whatever situation I am to be content.**

Philippians 4:12 I know how to be brought low, and I know how to abound. **In any and every circumstance**, I have **learned the secret** of facing plenty and hunger, abundance and need.

Philippians 4:13 **I can do all things through him who strengthens me.**

2Corinthians 1:8 For we do not want you to be unaware, brothers, of the **affliction we experienced** in Asia. For we were so **utterly burdened beyond our strength** that we despaired of life itself.

2Corinthians 1:9 Indeed, we felt that we had received the sentence of death. **But that was to make us rely not on ourselves but on God who raises the dead.**

2Corinthians 1:10 **He delivered us** from such a deadly peril, and he will deliver us. **On him we have set our hope** that he will deliver us again.

1Thessalonians 5:18 **give thanks in all circumstances; for this is the will of God in Christ Jesus for you.**

Genesis 50:20 As for you, you meant evil against me, **but God meant it for good**, to bring it about that many people should be kept alive, as they are today.

2Corinthians 4:16 So we do not lose heart. Though our **outer self is wasting away**, **our inner self is being renewed day by day.**

2Corinthians 4:17 For this **light momentary affliction is preparing** for us an eternal weight of glory beyond all comparison,

2Corinthians 4:18 as **we look not to the things that are seen but to the things that are unseen.** For the **things that are seen are transient**, but the **things that are unseen are eternal.**

Mary, who sat at the Lord's feet and listened to his teaching...

Martha was distracted...anxious and troubled

But the Lord answered her, **one thing is necessary.**
Mary has chosen the good portion, which will not be taken away from her.”

Practical ways to do the one necessary thing:

1. Read the Bible (Everyday)
2. Pray (All day)
3. Memorize Scripture
4. Set your mind on things above.

John 10:27 **My sheep hear my voice**, and I know them, and they follow me.

1Corinthians 2:12 Now we have received not the spirit of the world, but **the Spirit who is from God, that we might understand the things freely given us by God.**

Romans 12:2 **Do not be conformed to this world**, but be transformed by the **renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

2Corinthians 3:18 And we all, with **unveiled face, beholding the glory of the Lord**, are **being transformed into the same image** from one degree of glory to another. **For this comes from the Lord who is the Spirit.**

Philippians 4:5 Let your reasonableness be known to everyone. **The Lord is at hand;**

Philippians 4:6 **do not be anxious about anything**, but in **everything by prayer** and supplication with thanksgiving **let your requests be made known to God.**

Philippians 4:7 And the **peace of God**, which **surpasses all understanding**, will **guard your hearts and your minds in Christ Jesus.**

Philippians 4:8 Finally, brothers, whatever is **true**, whatever is **honorable**, whatever is **just**, whatever is **pure**, whatever is **lovely**, whatever is **commendable**, if there is any **excellence**, if there is anything **worthy of praise**, **think about these things.**

Colossians 3:1 **If then** you have been raised with Christ, **seek the things that are above**, where Christ is, seated at the right hand of God.

Colossians 3:2 **Set your minds on things that are above, not on things that are on earth.**

The most important peace

Romans 5:1 Therefore, since we have been **justified by faith**, we have **peace with God through our Lord Jesus Christ.**

2Corinthians 5:21 For our sake he made him to be sin who knew no sin, so that in him we might become the **righteousness of God.**

Isaiah 32:17 And the **effect of righteousness will be peace**, and the **result of righteousness, quietness and trust forever.**

Isaiah 26:3 You keep him in **perfect peace whose mind is stayed on you, because he trusts in you.**

Romans 8:32 He who **did not spare his own Son** but gave him up for us all, **how will he not also with him graciously give us all things?**

Psalms 73:25 Whom have I in heaven but you? And **there is nothing on earth** that I desire besides you.

**“My peace I give to you.”
Not as the world gives do I give to you”**

“One Thing Is Necessary”