



## Finding the One Thing

Often in life it's very hard to focus. There are so many obligations and responsibilities demanding to be met. But in all this the Christian has an advantage. We have one thing that helps order our lives. We're a Christian. A Christian puts God first: we aim to think and act in ways consistent with the Lord Jesus Christ's teaching. We trust that God is helping us with our lives, we pray, we read our bibles, we meet with other Christians in Church & we serve God.

Rather than compounding the busyness of our lives, this can order the messiness of our lives. The Lord Jesus has things to say about work, how we behave in our families, our attitude to authority, our attitude to money & anything we care to apply his teaching to. For example, notably the 10 Commandments do not command us to work, the bible assumes this and has teaching on it. But we are commanded to rest. Jesus in Luke 6:5 describes himself as the "Lord of the Sabbath." Are you getting enough rest?

At least a day set aside each week, is not only nice, but what the Bible commands. That might be a good place to begin to help us restore our focus. How can I order my life so I have one day that I'm not going flat chat, when I can stop and smell the roses? When I can thank God for my life and pray and read his word. When I have time to meet a friend, go for a walk or restart a lapsed hobby or recreation. What a privilege to have a day a week!

In the Film City Slickers the cow boy Curly says to the character played by Billy Crystal, who's having trouble balancing his hectic life: "You've just got to find the one thing." For Curly "the one thing" was being a Cow Boy. This one thing ordered and focused his life. Billy Crystal's character has to find his "one thing."

But for Christians we have found the one thing, or more correctly the one person, who helps us to focus our lives: the Lord Jesus Christ. If we remember first of all that we are Christians then everything else will find its order, balance and purpose.

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