

The "One Thing" Principle: Building Your Life on Spiritual Communion

1. Introduction: What is Spiritual Priority?

Welcome to the foundational heart of Christian discipleship: spiritual priority. As a believer beginning this wonderful journey, it is easy to view spending time with God as merely another duty, chore, or item to check off an already overwhelming daily to-do list. However, true spiritual communion—spending deliberate, focused time with God, learning from Him, and growing deeper in His presence—is far more than a scheduled task. As the scriptures remind us, God is the ultimate provider of "every good and perfect gift" and the true source of everything good in our lives (James 1:17). Drawing near to Him is not a secondary backup plan reserved only for times of crisis or trouble; it is the vital foundation from which every single area of your life derives its health, strength, clarity, and purpose.

Core Principle: Your personal relationship with God is the lifeblood, the health, and the nourishment that feeds every single aspect of your life—relationship with God is the lifeblood of everything else.

To see this foundational truth clearly illustrated in the rhythm of daily life, we can look to a profound, real-world moment from the earthly ministry of Jesus.

2. Mary and Martha: Choosing "What Is Best"

In Luke 10:38–42, Jesus visited the home of two sisters, Martha and Mary. While Mary sat quietly at Jesus' feet, listening attentively to His teaching, Martha was overwhelmed, frantic, and deeply frustrated by all the practical preparations and household duties demanding her attention. Feeling abandoned in her labor, Martha approached Jesus and asked, *"Lord, doesn't it bother you that my sister has left me to do all the work by myself? Tell her to come and help me!"* Jesus answered her with gentle pastoral correction: *"Martha, Martha! You are worried and upset about so many things, but only one thing is necessary. Mary has chosen what is best, and it will not be taken away from her."*

Jesus did not rebuke Martha because practical work or hospitality are inherently wrong. Rather, He clarified that spiritual communion must take absolute precedence over busy activity. This is because *everything* else in human existence springs directly from our connection with God. If that central relationship is malnourished or neglected, every secondary area eventually suffers and falls short of its divine potential—including your personal growth, family life, friendships, health, career, ministry, and finances.

The Martha Mindset	The Mary Mindset
Worried and distracted by many practical demands and responsibilities	Seated at Jesus' feet , focused entirely on the one necessary thing
Relying on natural strength , feeling frustrated that she was left to do all the work alone	Receiving lasting spiritual nourishment by choosing "what is best" directly from His words
Allowing immediate busyness to crowd out intimate fellowship with the Savior	Prioritizing relationship with Christ as the unshakeable source of life

Understanding this vital choice leads us naturally to examine several vivid biblical metaphors that explain *how* this spiritual nourishment operates within the believer's heart.

3. The Source of Life: The Vine, The Branches, and The Rock

The scriptures use dynamic, real-world imagery to demonstrate our total dependency on God for daily strength, growth, and stability:

1. **The Vine and the Branches (John 15:4–6):** Jesus identifies Himself as the true vine and believers as the branches. A branch cannot produce fruit or even survive on its own; it must *abide* (remain continuously connected) in the vine. Neglecting our relationship with Jesus causes us to wither spiritually, whereas abiding in Him yields abundant fruit. As Colossians 3:3 illuminates so beautifully, *"For you died [to this world], and your [new, real] life is hidden with Christ in God."*
2. **Bread Alone (Deuteronomy 8:3):** God intentionally allowed the Israelites to experience physical hunger in the wilderness so that He might teach them by personal experience that human life requires far more than natural food: *"man does not live by bread alone, but man lives by every word that proceeds out of the mouth of the Lord."*
3. **The Two Builders (Luke 6:47–49):** Jesus contrasts a wise builder who digs down deep and anchors his house upon the rock with a foolish builder who builds on top of the ground without a foundation. When severe floods and torrents sweep against the house on the rock, it stands unshaken; the house lacking a foundation immediately collapses in complete ruin. Hearing and

putting Jesus' words into daily practice creates that deep, rock-solid foundation.

4. **The Parable of the Sower (Matthew 13; Mark 4; Luke 8):** Recorded across three distinct Gospels to emphasize its critical importance, this parable warns that the anxieties, busyness, and deceitful distractions of life act like "thorns" that can choke out God's Word. If allowed to overtake us, these thorns prevent the Word from bearing its full, life-transforming fruit.

Even Jesus Himself modeled this absolute, moment-by-moment reliance on spiritual communion during His time on earth.

4. Jesus' Own First Priority

It is completely normal to feel overwhelmed by the relentless demands of modern schedules, family duties, and work responsibilities. Yet, we can find immense comfort and direction in watching how Jesus navigated His own demanding life. Despite being surrounded by massive crowds pulling on Him constantly—to the point where He and His disciples were so overwhelmed they could not even take time to eat a basic meal (Mark 3:20)—Jesus aggressively guarded His private time with His Father. His ultimate purpose was to do the Father's will, and He never permitted demanding crowds or urgent tasks to displace His primary love. Modern leaders reflect this exact same discipline; missionary Heidi Baker recorded God asking for her mornings with the sacred promise, *"If you give me your mornings, I will give you a nation."*

"Early in the morning, well before sunrise, Jesus rose and went to a deserted place where he could be alone in prayer. Simon and those with him tracked him down. When they found him, they told him, 'Everyone's looking for you!'" — Mark 1:35–37

Practical Takeaways for Your Daily Routine:

- **Establish Solitary Time:** Intentionally set aside dedicated, undisturbed quiet time in a solitary place to pray and commune with God before the demands and noise of the day take over.
- **Refuse to Let Busyness Crowd Out Prayer:** Recognize that urgent tasks and the expectations of others—no matter how legitimate or pressing—must never replace your primary call to seek God first.

This personal habit of seeking God first yields incredible, practical dividends across every area of a believer's daily life.

5. The Great Payoff: How Priority Transforms Every Area of Life

Spending regular, devoted time nourishing your relationship with God is never a waste of precious hours. It is the most practical and high-yielding investment of your day. By drawing near to God, we receive everything needed for a godly life (2 Peter 1:3–5), step into the freedom of the Spirit to walk above natural limitations and circumstances (Romans 8:1–3), and open our lives to divine promises beyond what human eyes or minds can comprehend (1 Corinthians 2:9).

Crucially, we must understand *why* God demands first place in our hearts. God does not demand to be first because He is an "egomaniac"—such a concept is entirely contrary to His loving nature! Rather, He commands us to love Him first because He knows that keeping Him at the center produces the absolute greatest payoff, blessings, and good for us and our families. For this reason, the greatest commandment is not merely to live a clean, moral life, or to work hard at a career, or even to love your family; it is to love the Lord with all your heart, soul, mind, and strength. Outward morality and work ethic are valuable, but they can never substitute for intimate spiritual communion.

Conversely, neglecting this primary focus carries heavy consequences. It is like an athlete who neglects proper nutrition while obsessing over competition performance, or a businessman who works so relentlessly that he loses the very family he was striving to support—rendering his success hollow and meaningless. Jesus issued a solemn warning to the church in Ephesus: despite their impressive labor, endurance, and high moral standards, leaving their "first love" endangered their very place and lampstand in His Kingdom (Revelation 2:4–5).

This central focus was expressed powerfully by the noted man of faith, George Müller:

“According to my judgement the most important point to be attended to is this: above all things see to it that your souls are happy in the Lord. Other things may press upon you, the Lord's work may even have urgent claims upon your attention, but I deliberately repeat, it is of supreme and paramount importance that you should seek above all things to have your souls truly happy in God Himself! Day by day seek to make this the most important business of your life. This has been my firm and settled condition for the last five and thirty years. For the first four years

after my conversion I knew not its vast importance, but now after much experience I specially commend this point to the notice of my younger brethren and sisters in Christ: the secret of all true effectual service is joy in God, having experimental acquaintance and fellowship with God Himself.”

Beyond ordering and enriching our daily lives, consistent spiritual priority produces an even higher relational outcome: it elevates the believer from a mere servant into an intimate friend of God.

6. Deepening the Connection: Moving from Servant to Friend

Consistent time in God's presence radically transforms our standing before Him. In John 15:14–16, Jesus reveals a profound progression: a servant simply follows orders without understanding his master's underlying mission, but a friend is welcomed into full confidence and secret council. As we spend time with God, share experiences, and demonstrate trust over time, our ability to hear His voice grows natural and clear. Through this spiritual intimacy, God grants us access to His heart and reveals "hidden wisdom"—His divine plans designed specifically to lift us into the glory of His presence (1 Corinthians 2:5–7).

Key Features of Friendship with God:

- **Shared Secrets and Divine Wisdom:** Direct access to God's heart, receiving hidden insight regarding His plans that the natural world cannot comprehend.
- **Easy Recognition of His Voice:** A growing, comfortable familiarity with God's guidance developed through spent time and proven trustworthiness.
- **Elevated Living:** The capacity to rise above physical circumstances and natural limitations by walking in step with His Spirit.

Becoming a friend of God is a sacred journey that comes with real tests and high personal costs, but for those who are willing to pay the price and guard their time, it is well worth every sacrifice.

7. Conclusion: Making "The One Thing" Your Daily Blueprint

Building your life on spiritual communion is not an added burden to an already heavy workload; it is the life-giving source that fuels every responsibility you carry. As Jesus declared in Luke 14:26, He must be our supreme love—taking priority over family relationships, personal ambitions, and even life itself—if we

are to walk as His true disciples. When you choose the "one thing necessary" and anchor your heart in Christ, every secondary piece of your life finds its rightful place, strength, and fruitfulness.

Daily Checklist for the Soul

- **Sit at His Feet:** Pause daily busyness to give Jesus your undivided attention through reading His Word, listening to His teaching, and seeking what is best.
- **Abide in the Vine:** Maintain continuous, moment-by-moment reliance on Christ, remembering that your real life is hidden with Him and apart from Him you can do nothing of lasting value.
- **Protect Your Solitary Time:** Guard dedicated, quiet time away from noise, obligations, and crowds to make your soul truly happy in the Lord every single day.

May you experience the unshakeable strength, divine wisdom, and deep joy that come from making spiritual communion the central foundation of your life!