



Dr. Joel Gregory  
Phil. 1:12-21

### General:

- Dr. Gregory described a "One Thing Person" as someone whose life is organized around a single priority. Spirituality aside for a moment, what would the way you currently spend your time, energy, and attention suggest your "one thing" actually is?
- Paul writes, "For me to live is Christ, and to die is gain." What initially strikes you about that statement? What makes it difficult or compelling to imagine living that way?
- What do you think Paul actually means by "to live is Christ"? How is that different from saying, "To live is church," "to live is ministry," or even "to live is being a good Christian"?
- How does knowing that Paul wrote these words from a first-century prison change the way you hear his confidence and joy?
- Dr. Gregory talked about the temptation to play the game of, "If only I were somebody else or somewhere else..." Where do you see that mindset showing up most easily in people's lives?
- What about this passage feels most challenging or inspiring to you personally? Why?
- What would you need to reorder, release, or pursue differently for "to live is Christ" to become increasingly true of your own life?

### **Take Home 1: Being a One Thing Person enables you to overcome disappointing circumstances**

- What circumstance in your life are you most tempted to believe would have to change before you could really flourish, obey God, or experience joy?
- Dr. Gregory said that instead of constantly wishing to be somewhere else, we can wait and see what God can transform and redeem right where we are. What would that posture look like in your current circumstances?
- What is the difference between trusting God to transform a difficult circumstance and assuming He will necessarily remove it?
- If Christ truly became your “one thing,” how might it change the way you interpret disappointment, inconvenience, or plans that don’t work out?

### **Take Home 2: Being a One Thing Person enables you to triumph over difficult relationships (Phil. 1:15-18)**

- Do you think Paul is saying that motives don’t matter as long as something good comes from them? If not, what allows him to take other people’s bad motives seriously without allowing them to control him?
- Who is difficult for you to deal with right now? What is it about that relationship that has the most power to disturb your peace?
- How much of your emotional energy is currently being controlled by what someone else is doing, saying, or thinking about you?
- What might it look like to care more about Jesus being honored than about being vindicated, recognized, or proven right?

### **Take Home 3: Being a One Thing Person enables you to face future uncertainties**

- What future uncertainty is hardest for you to hold with open hands right now?
- In verse 20, Paul’s primary concern is not simply that everything will turn out okay, but that Christ will be honored in his body, whether by life or by death. How is that different from the way we normally pray about an uncertain future?
- What would change about the way you approach the future if your greatest goal were not “I need this to work out” but “I want Christ to be honored whatever happens”?