

ONWARD

from the desk of Chris Greer



Hey, ,

Do you ever get so overwhelmed, frustrated, or fearful that you don't know how to take the next step?

Me too. More than you know.

Recently, four little words have popped up repeatedly. Together they create a nugget of wisdom that's helping me settle down, focus my attention, and take the next step so I can keep moving onward.

Those four words are...

"Only one new thing."

And here's how they've come up....

While leading a retreat in California, I met a guy who's leading his family into new spiritual disciplines and rhythms. As they prepare to add another life-giving practice, he said the key is to "try **only one new thing.**"

The day after the retreat, an old friend and I talked about the challenges of leading our children to be followers of Jesus. We shared ideas and encouraged each other to try **only one new thing.**

Two days later, I listened to a podcast with a massively influential pastor. He's married with children. Leads a huge church. Writes best-selling books. Hosts a popular podcast. And more. I wondered, "How does this guy do it all??" And I was surprised to hear his simple advice for leadership and personal growth: do **only one new thing.**

That reminded me of another pastor and communicator who swears that "*The best and most effective sermons have only one point.*" In other words, if you want to help people, help them to do **only one new thing.**

Maybe we're on to something here.

In the midst of the madness - when we're most overwhelmed, frustrated, or fearful - the best thing is to focus on and do **only one new thing** (sometimes that's just the *next* thing).

I get easily overwhelmed by all the things I *need* to do. It doesn't take long until I feel buried. And I get stuck.

I can quickly become disconnected from God, feel anxious about life, and begin avoiding what is most important.

I felt this way at the beginning of Lent, so I decided to do *only one new thing*: take ten minutes in the middle of my day to stop, read, confess, and sing.

I've repeated the *same* Scripture reading, prayer, and song each day for the last several weeks. This simple, noon-time reconnection with God has helped me breathe more deeply and see more clearly.

What if you asked God to help you pick only one new thing?

Maybe he'll invite you to...

- add a song and a prayer to your busy day.
- drop a fruitless obligation or mindless distraction.
- practice listening or holding your tongue.
- put down your phone to look at your spouse, children, or friends.
- give yourself some grace and do *nothing* new!

On earth, Jesus only did *one* thing: he listened to the Father, then did what the Father asked him to do. ([see John verses here](#)) Everything else — *everything* — was born out of that one pursuit.

Doing *one* thing can be a *powerful* thing. And it will help us to get unstuck, do what's next, and keep moving onward.

Onward,

Chris

quote of the week

"Who are those who fear the Lord? He will show them the path they should choose."

— King David in Psalm 25:12 (NLT)

dad joke of the week

Someone told me I should do lunges to stay in shape.

That would be a big step forward.

Did you miss one? Check out past ONWARD posts at Chris-Greer.com/onward.

M Street Publishing

6834 Cantrell Rd PMB 1479, Little Rock
Arkansas 72207 United States

You received this because once upon a time
you told Chris it was OK. But if ONWARD is
unhelpful, feel free to unsubscribe.



It's all good.

[Unsubscribe](#)

