

This One Thing I Do

— A Biblical Resolution for a New Year —

- A Resolution Centered on God's Purpose
- Forgetting the Past God Has Removed
- Pressing Forward with Undivided Focus
- Living for the Eternal Reward

Each new year, brings reflection.

People **look backward** with regret or pride, and **forward** with hope or uncertainty.

Many make resolutions—yet most fail, because they depend on self-willpower, rather than God.

The apostle Paul presents a different approach. Instead of many resolutions,

he declares one guiding purpose: “***This one thing I do***” ([Phil.3:13](#)), which is the title of the lesson.

His life was **Not controlled** by the past, **Nor distracted** by the present—but **Directed** toward heaven.

In this lesson, we will examine a biblical resolution, built on four truths:

1) God’s purpose, **2)** release from the past, **3)** forward progress, and **4)** eternal hope.

Before we can resolve to live rightly, we must first understand, what our resolution, must be built upon.

I. A Resolution Centered on God’s Purpose

A. God Calls Us Forward, Not to Perfection

Paul explains that spiritual maturity is a pursuit, not a claim of arrival.

- He said, “**Not as though, I had already attained, either were already perfect:** but I follow after... forgetting those things which are behind, and reaching forth, unto those things which are before, **I press** toward the mark, for the prize of the high calling of God IN Christ Jesus.” (read [Phil.3:12-14](#))

Explanation:

- “**Perfect**” means – complete or finished
- “**Press**” means – to pursue with effort

God expects **Progress**, not stagnation.

- Peter said, “**But grow** in grace, and in the knowledge of our Lord and Saviour Jesus Christ.” ([2Pet.3:18](#))

Explanation:

- Growth is commanded; so, standing still is not an option.

Scripture says, it is **Faithful effort**, which pleases God.

- “**Wherefore leaving the doctrine, of the first** (or elementary) **principles of Christ, let us press on, unto perfection** (or maturity);...” ([Heb.6:1](#) ASV)

Explanation:

- Meaning, spiritual maturity, requires forward movement.

A biblical resolution is not claiming perfection, but committing to continual, spiritual growth.

Any resolution must be centered, on God's Purpose and,

B. Our Life’s Purpose, Is Clearly Defined by God

Solomon summarizes the purpose, of human existence.

- He said, “**Fear God, and Keep His commandments:** for this is **the whole duty of man.**” ([Ecc.12:13](#))

Explanation:

- “**Fear**” means – reverent obedience

Jesus identifies the greatest command.

- He said, “**Thou shalt LOVE the Lord thy God, with ALL thy Heart,** and with **ALL thy Soul,** and with **ALL thy Mind.**” ([Matt.22:37](#); [Mk.12:29-30](#); [Lk.10:27](#))

Explanation:

- Meaning, God requires, total devotion.

Living sacrifices, define faithful service.

- The Bible says, “**Present your bodies a living sacrifice, holy, acceptable unto God...**” ([Rom.12:1](#))

Explanation:

- Meaning, our resolution, must involve full surrender.

A biblical resolution begins, by aligning our life, with God’s clearly stated purpose.

Once our purpose is settled, we must deal honestly, with what often hinders progress.

II. Forgetting the Past, God Has Removed

A. The Past Cannot Be Changed, and Must Not Control Us

Spiritual progress, requires releasing burdens of the past.

- Scripture says, “**Let us lay aside every weight, and the sin, which doth so easily beset us...**” ([Heb.12:1](#))

Explanation:

- “**Weight**” means — anything that slows spiritual progress
- “**Beset**” means — to entangle or trip

Dwelling on yesterday, blinds us today.

Scripture said long ago,

- “**Remember ye not, the former things, neither consider, the things of old.**” ([Isa.43:18](#))

Explanation:

- Meaning, God commands forward focus.

A renewed mind, reshapes direction.

- The Bible says, “**There is therefore now no condemnation, to them which are IN Christ Jesus...**” ([Rom.8:1](#))

Explanation:

- Meaning, those forgiven IN Christ, are no longer under judgment.
- This promise belongs to those who remain “IN Christ”
—walking after the Spirit and not returning to a life of the flesh.

The past cannot be undone, but it must not, dominate the present.

Now, if God tells us to let go of the past, we need to understand, why we can let go.

B. God Completely Removes, Forgiven Sin

God’s forgiveness is not partial — it is total.

- “**As far as the east, is from the west, so far hath He removed our transgressions from us.**” ([Psa.103:12](#))

Explanation:

- “**Removed**” means — taken away entirely.
- This describes infinite separation, between sin and the forgiven soul.

God promises, not to remember forgiven sins.

- He said, “**Their sins and their iniquities, will I remember no more.**” ([Heb.8:12](#))

Explanation:

- Meaning, God does not hold forgiven sins, against His people.

God cleanses completely.

- John said, “If we confess our sins, He is **faithful** and just to forgive us our sins, and to **cleanse** us from all unrighteousness.” ([1Jn.1:9](#))

Explanation:

- “**Faithful**” means — God keeps His promise
- “**Cleanse**” means — complete spiritual purification

Forgiveness is real and complete,
yet conditional upon continued faithfulness, confession of sin, repentance and prayer.

The Bible says,

- “**IF we walk in the Light**, as He is in the Light, we have fellowship one with another, and the blood of Jesus Christ, His Son, **cleanseth** us from all sin.” ([1Jn.1:7](#); [Rev.2:5](#); [Acts 8:22](#); [Lk.13:3](#))

Explanation:

- “**Walk**” means — continued conduct or manner of life
- “**Cleanseth**” means — ongoing action, not a one-time event
- Forgiveness is continually applied, as we continue walking faithfully in the gospel light. The promise of cleansing, is connected to ongoing obedience, not to a single past act.

When God forgives, He does remove guilt entirely;
And as we continue walking in the light, we continue to have access to that cleansing.

Remembering what God has forgotten, only hinders our faith.
God calls or instructs us, to release the past, because He has already removed, forgiven sin.
Spiritual progress, requires trusting God’s mercy.

With the past behind us, we are now ready for,

III. Pressing Forward, with Undivided Focus

We need to be mindful that,

A. A Divided Heart, Cannot Finish the Race

Jesus teaches the seriousness, of commitment.

- He said, “No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.” ([Lk.9:62](#))

Explanation:

- Meaning, looking back, reveals divided loyalty.

God through James, warns against instability.

- He said, “A double minded man, is unstable, in all his ways.” ([Jas.1:8](#))

Explanation:

- Meaning, divided devotion, produces spiritual inconsistency.

The Psalmist reminds us that, Single-minded devotion, strengthens faith.

- He said, “My heart is **Fixed**, O God, my heart is **Fixed**: I will sing and give praise.” ([Psa.57:7](#))

Explanation:

- Meaning, a “**fixed**” heart, is settled and resolved.

Faithfulness, requires focused commitment.
God calls for hearts, that are fully His.

Don't ever forget that,

B. Faithfulness Is Required, Even When Excitement Fades and Routine Sets In

God values steady service.

- Paul said, “**Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding, in the work of the Lord, forasmuch as ye know, that your labour is not in vain, IN the Lord.**” ([1Cor.15:58](#))

Explanation:

- Meaning, God sees and rewards, consistent effort.

Endurance is required.

- The Bible says, “**And let us not be weary, in well doing: for in due season, we shall reap, if we faint not.**” ([Gal.6:9](#))

Explanation:

- Meaning, faithfulness produces reward, in God's time.

Scripture reminds us, that Diligence honors God.

- Christians should “**Not (be) slothful in business; (but) fervent in spirit; serving the Lord.**” ([Rom.12:11](#))

Explanation:

- Meaning, spiritual zeal, reflects devotion.
- But, let's be sure our zeal is coupled, with proper knowledge of the gospel ([Rom.10:2](#))

Pressing forward, requires steady devotion, not emotional highs.

God rewards faithfulness.

Faithful effort, is sustained by remembering, what awaits us, beyond this life.

IV. Living for the Eternal Reward

A. Earthly Gains Are Temporary

Jesus contrasts worldly gain, with eternal loss.

- He said, “**For what is a man PROFITED, if he shall GAIN the whole world, and LOSE his own soul? or what shall a man GIVE, in exchange for his soul?**” ([Matt.16:26](#))

Explanation:

- Meaning, earthly success, cannot replace eternal loss.

Eventually, things of the world fade.

- The Bible says, “**the world passeth away, and the lust thereof: but he that Doeth the will of God, abideth for ever.**” ([1Jn.2:17](#))

Explanation:

- Meaning, only obedience, has eternal value.

True treasure is heavenly.

- Jesus said, “**Lay not up for yourselves, treasures upon earth... But lay up for yourselves, treasures in heaven...**” (read [Matt.6:19-20](#))

Explanation:

- Meaning, Heavenly priorities, outlast earthly possessions.

Living for Eternal Reward, includes the hope that,

B. A Crown Awaits the Faithful

Paul anticipates, eternal reward.

- He said, “Henceforth there is laid up for me, a crown of righteousness...
...and not to me only, but also, to all them, that have loved His appearing.” (read [2Tim.4:8](#))

Explanation:

- Meaning, faithful service, is rewarded by Christ.

And that inheritance is secure.

- Peter said, “To an inheritance, incorruptible, and undefiled,
and that fadeth not away, reserved in heaven for you.” ([1Pet.1:4](#))

Explanation:

- Meaning, heavenly reward, cannot be lost.

But, Faithfulness unto death, is indeed required.

- Jesus said, “Be thou faithful unto death, and I will give thee, a crown of life.” ([Rev.2:10](#); [Matt.10:22](#)b)

Explanation:

- Meaning, endurance, brings eternal life.

Living for eternity, gives purpose to every sacrifice, and every faithful step.

V. Some Closing Thoughts

One resolution—**faithful pursuit of Christ**—governs every part of life.

In Summary:

- God calls us, forward
- Forgiveness, frees us
- Faithfulness, sustains us
- And Heaven, awaits us

If you have not done so already, having **Heard** the gospel ([Rom.10:17](#)),

Won't you Come, **Believing** ([Jn.8:24](#)), **Repenting** ([Acts 17:30](#)), **Confessing** ([Rom.10:9–10](#)),

And be **Baptized** ([Acts 2:38](#); [Acts 22:16](#); [Gal.3:26–27](#)), and then **Live Faithfully** forever more ([Rev.2:10](#)).

The only safe time to obey the gospel, is TODAY ([Heb.3:15](#)).

The Lord still says ‘Come’ ([Matt.11:28](#)), while opportunity allows ([2Cor.6:2](#)).

Won't you do so, while we stand and while we sing.