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One Thing

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“The Lord is my light and my salvation— so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?....The one thing I ask of the Lord — the thing I seek most— is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple.”

Psalms 27:1, 4 NLT

One Thing

Today marks another chapter closed - the last week of the school year, for some, the last week before launching into professional life armed with enthusiasm and education! Though this milestone is to be celebrated to the fullest, as a chaplain I’m not naive to some of the fears that hide just behind the veil of excitement:

- Perhaps you’re afraid your grades aren’t going to be where they need to be.
- Perhaps you still don’t have a job prospect and you fear you’re a failure.
- Perhaps you’re headed home for the summer and faced with navigating difficult relationships, trauma, abuse or neglect.
- Perhaps you’ve been trying to get a grasp on your mental health but everything you’ve been trying still doesn’t bring you clarity or peace.
- Perhaps you’re leaving Southern without a significant other and you wonder if God will ever bring someone into your life.
- Perhaps some life situation has been hanging over your head, eating up your mental space and tugging at your emotions for weeks now and you just can’t seem to move forward.

Friend, remember this - The Lord is your light and your salvation! You need not be afraid! Now that’s not to say you shouldn’t study hard for your final exams or throw your hands up and completely give up without fear of the results of your actions. But it is to remind us that our worries and fears about our life here on earth are just as temporary as our life here on our earth.

David the Psalmist had **one desire**. There was **one thing** on his heart that overshadowed everything. He knew that if he were to dwell in the presence of God that everything else would fade away. It reminds me of that [old familiar hymn](#):

"Turn your eyes upon Jesus
Look full in His wonderful face
And the things of earth will grow strangely dim
In the light of His glory and face."

As you close this chapter to the school year and turn towards the warm summer sun, or strut the stage towards your diploma, or take a break from the hurried pace faculty or staff member, may all the fears and concerns you’re carrying

today become strangely dim as you spend intentional time in the presence of your Heavenly Father who loves you. May this one eternal desire for Jesus upstage every other ambition or fear. And as you continue to make the Main Thing, the main thing this summer, may your heart and soul be radiant with the light of His glory and grace!

-Anna Bennett