

I. Dunning-Kruger Effect

A. The Dunning–Kruger effect is a cognitive bias in which people with limited competence in a particular domain overestimate their abilities. It was first described by Justin Kruger and David Dunning in 1999. For example, research shows that 93% of Americans think they are better drivers than average, and 90% of teachers think they are more skilled than their peers.

1. In a recent study, Pew Research discovered that 7 out of 10 Americans believed they had a “good connection with God”. Out of those who believed they had a good connection, 64% were intentional to connect through prayer and meditation once or twice per month.

*“Because you say, ‘I am rich, have become wealthy, and **have need of nothing**’—and **do not know that you are wretched, miserable, poor, blind, and naked**” (Rev. 3:17)*

II. One Needful Thing

*Martha, Martha, **you are worried and troubled** about many things. But **one thing is needed** and **Mary has chosen that good part, which will not be taken away from her.** (Luke 10:41-42)*

A. When we are talking about a daily connection with God we are clearly talking about prayer. However, I believe that it is extremely important what kind of prayer Jesus is saying is the good portion and necessary. Notice Mary was not interceding through her prayer list, nor was she reading the bible for information or content coverage.

And she had a sister named Mary, who also sat at Jesus' feet and heard His word. (Lk. 10:39)

B. The posture she was taking was one of fascination and hunger, to behold Him, listen to His words, and position her heart and mind to understand so that she could become like Him. She wanted to be near Him, yes, but we know from scholars that Luke is using a phrase that speaks specifically about Mary taking the posture of a disciple.

C. Jesus calls this posture the one necessary or needful thing that positions us to receive His life and His righteousness on the inside. The biblical writers also constantly exhort us to take this posture every day so that we would be filled with the fullness of God. (Rom. 12:1-2; 2 Cor. 3:17-18; Eph. 3:16-19, 4:20-24; Phil 1:8-11; Col. 1:9-12, 3:9-17)

III. Key Ingredients

- A. There are three essential ingredients to positioning ourselves to do the one needful thing in this life, to be filled with the life and righteousness of God on the inside.
1. Receive - Get into a posture and space that best positions you to see, listen, and hear Jesus through His Spirit. This looks different for different people but I have found three aspects to this that apply to everyone to receive light and life from Jesus in our inner man during our daily connection.
 1. Draw Near - Look inside your heart and ask forgiveness for sinful thoughts or actions that you know have distanced you from God. Start by asking the Holy Spirit to show you places in your life that are in contradiction to God and if something is revealed, ask for forgiveness and cleansing. (James 4:8-10)
 2. Ask for Help - God reveals Himself to the hungry who ask, seek, and knock to find Him. He comes near to those who confess their great need for Him. He is the giver of revelation and knowledge. Without Him revealing His heart to us, we cannot receive it. Ask the Holy Spirit to reveal who Jesus is, what He is saying, and what He is doing in your life. (John 16:7-15)
 3. Use the Scripture for Conversation with Him - The scripture is the dialogue of God's heart to us. In it, He shares who He is and what He is like. A good starting place if you're new to having a daily connection with God is the Gospels or the Psalms. Stick to just a few verses and then turn it into a conversation with Him. Ask questions and wait to hear answers from the Spirit in your inner man. (John 6:63)

IV. Priorities

- A. I constantly set my schedule with the priority of daily connection, however, I end up shifting my schedule around the immediate issues that arise during the day. In turn, I end up not doing what I know is the life-giving priority for the sake of the urgent but less life-giving things. I want to strongly encourage you to know how essential and critical daily connection is in the life of a believer. We must continually fight to make this a priority. (John 15:4-5; Phil. 1:9-11; Jude 1:20-21)