

Intentional Living

Intentional Living

Lifespan exercise

Intentional Living

“Intentional living is any lifestyle based on an individual’s conscious attempts to live according to their values and beliefs”

- Wikipedia

Intent

1 :a usually clearly formulated or planned intention : AIM

- Merriam Webster

Intentional Living

- Whose plan?
 - Our plan?
 - Our friends' plans?
 - Social media's plan?

Intentional Living

“But small is the gate and narrow the road that leads to life, and only a few will find it”.

-Matthew 7:14 (NIV)

Intentional Living

“Follow God’s example, therefore, as dearly loved children, and walk in the way of love, as Christ loved us...”

-Ephesians 5:1-2 (NIV)

Life on Autopilot

- Autopilot Quiz

What is Autopilot?

Human brain attempts to automate almost everything we do – makes our lives easier

What is Autopilot?

- Applies to almost everything we do on a regular basis without our awareness
- Beneficial when we don't need our full awareness

What is Autopilot?

- There are very important areas of our lives where autopilot is not beneficial
- Romans 12:2 – calls us to an awareness of what and how we're choosing what we do, viewed through the lens of God's word and the inspiration of the Holy Spirit

Intentional Living

- Choices we make
- Actions we take

We Must Make Intentional Choices

Making choices aligned with God's plan draws the support of His power which lends a momentum to our lives

4 Focus Areas of Intentional Living

- Our Walk with God
- Our Time
- Our Relationships
- Our Money

Intentional in Our Walk with God

- Our walk with God must be the most important priority in our lives
- God's word is the guide we use to make our choices
- God's word is the foundation on which everything else is built
- When Jesus is Lord of our lives, all other priorities tend to fall into place and seemingly difficult choices become easier

Intentional with our Time

- Life is short and our days are numbered: we should make sure we're living each one with purpose
- The purpose of our numbered days is to understand and do the will of God
 - Ephesians 5:15-17 (NIV)
- Intentionally choosing to live according to God's will each day will produce a character of wisdom and discernment

Intentional with our Relationships

- We should place God at the center of our homes – considering whether all activities serve His purposes
- Set spiritual goals for our families and actively pursue plans to reach them together
- We are to be a light in our relationships and conversations with non-believers
- We should make the most of every opportunity to share Christ with those around us

Intentional with our Money

- Jesus was clear on this topic (Mark 10:24, Matthew 6:19-21)
- Our hearts follow our money, so we need to make sure our spending aligns with kingdom work
- God is generous with us so we can be generous with others
- Putting money toward kingdom goals will result in greater spiritual blessings

Intentional Living

- God has a plan and purpose for our lives
- Our time to achieve His plan and fulfill His purpose is limited
- The choices we make and our acting on those choices will determine the degree to which we succeed

Intentional Living

- The richness of our lives is realized through acting on our highest priorities – those things that are most important to us
- The life God has for us will not happen without our daily awareness of what He has for us and our focus on the choices and actions we must pursue to fulfill His plan

Intentional Leading

Leading with Intention

- The opportunity to lead is a gift, that must be exercised with both responsibility and accountability (Romans 12:8)
- We must steward it with great diligence to lead with intention those we are responsible for

Focus for Today

- Transparency
- Authenticity – Self Awareness
- Resilience – Legitimate Suffering
- Gratitude

Transparency – Psychological Safety

- Matthew 20
- Psychological Safety
- Interpersonal Risk
- Culture of Openness

Authenticity – Self Awareness

- Proverbs 27:19
- Walking the Talk
- Importance of Self-reflection
- Accountability Partners

Resilience – Legitimate Suffering

- Romans 5
- Suffering is underrated
- Suffering->Perseverance->Character->Hope
- The ego runs from suffering because it's the death of ego

Gratitude

- Philipians 1:3
- Practice of demonstrating gratitude
- Celebrating humanness as well as contributions
- All are created in God's image