

Life is not a Spectator Sport

The Foundation of Intentional Living

Colossians 3.17

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

How do we enter into Intentional Living?

I. Recognize Change is a CHOICE not a Response.

- a. Change occurs when we seek to OBEY the Spirit Promptly.**

II. RESIST Reactive Living (Backsliding) *Psalm 1*

Psalms 1:1

(1) Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;

a. The RISK of Reactive Living

- **An unintentional walk leads to spiritual DISTRACTION.**

“The counsel of the wicked,” distracts our MINDS.

- **An unintentional stand leads to spiritual DIVISION.**

“The way of sinners,” divides our RELATIONSHIPS.

- **An unintentional seat leads to spiritual DECAY.**

“The Seat of the Scoffer,” decays our HEARTS.

III. The RESOURCE of Intentional Living - God’s Word

Psalms 1:2-3

(2) but his delight is in the law of the LORD, and on his law he meditates day and night. (3) He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

- a. **MEDITATION** in God's Word leads to Intimacy with God
- b. **EXPLORATION** of God's Word leads to Knowledge of God
- c. **MEMORIZATION** of God's Word leads to Wisdom from God
- d. **TRANSFORMATION** by God's Word leads to an Abundant Life with God

IV. The **REWARDS** of Intentional Living.

- a. **REFRESHMENT** - the resources for an abundant life
He is like a tree planted by streams of water
- b. **FRUITFULNESS** - the relationships of an abundant life
...that yields its fruit in its season...
- c. **ENDURANCE** – the confidence of an abundant life
...and its leaf does not wither...
- d. **PROSPERITY** – the joy of an abundant life
...In all that he does, he prospers.

Practical steps to begin laying the foundation for intentional living in God's Word.

1. Develop an intentional Bible Reading Plan

- *Read the Bible through in a year – www.bibleplan.org*
- *Explore the heart of God through the Psalms*
 - *Read 5 Psalms a day beginning with the days date and add 30, 60, 90 & 120 to the number. Example on 4th of the month read Psalm 4, 34, 64, 94 & 124.*
- *Read the New Testament through in a Read a chapter every weekday and you will complete the New Testament in 1 year.*

2. During your reading choose 1 verse each day to meditate on for the day. Write out the verse so you can better remember it. Ask God to give you insight into His Word as you meditate.

3. Keep a Journal of what God reveals through meditation on His Word. Explore questions like,

- *What does this verse tell me about God's Character?*
- *What steps of obedience of faith is this verse calling me to take?*
- *What does this verse reveal about my identity in Christ?*
- *Does this verse teach me something about how to worship and praise God for who He is and what He has done?*
- *Does this verse give insight about how I should pray for myself or for someone else?*

The Intentionality Test

Evaluate key areas of your life on a scale between reactive and intentional. Circle the number that best defines you currently.

REACTIVE

INTENTIONAL



0 1 2 3 4 5

Devotional Time



0 1 2 3 4 5

Prayer Life



0 1 2 3 4 5

Relationships



0 1 2 3 4 5

Finances



0 1 2 3 4 5

Work Ethic



0 1 2 3 4 5

Thought Life



0 1 2 3 4 5

Physical Activity



0 1 2 3 4 5

Rest and Leisure



0 1 2 3 4 5

Conversation (use of your tongue)