

# Intentional Living

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Will your life and ministry be any different because of MOP?

According to Dallas Willard, it is belief in magic to think that if we just hear good teaching long enough and believe it, it will automatically transform our life.

What does it mean to live an intentional life?

***Intentional living is consciously choosing to live our lives in alignment with what we understand to be true about our God, ourselves and our life's work. It means developing a plan and practicing the disciplines that will keep us in alignment with what we believe and who we want to become.***

## 1. Start with your heart

Above all else, guard your heart, for everything you do flows from it. - Proverbs 4:23

Seek his kingdom

- Luke 12:27-34
- What does it mean to seek the kingdom? Is it hard to find?
- "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom."
- Jesus is speaking about where our heart is.

Find your heart

- The thing that is getting lost is our heart.
- We don't understand our own hearts, and what is below the surface. Ps 19:12, Ps 139:23-24, Jer 17:9, Matt 16:23.
- We have an amazing capacity to deceive ourselves. Many verses in Scripture warn us about not deceiving ourselves. Gal. 6:3, 1 John 1:8.

God is ready to help

- Pray for God to show you what He knows about your heart.
  - "Search me, God, and know my heart" Ps 139:23-24, Pr. 21:2, Rev 2:23.
- Take the tests
  - Biblical tests – For where your treasure is, there your heart will be also. (Luke 12:34)
  - Life tests - Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. (Deut 8:2)
- Welcome the test results
- Trust God's promises to change your heart - I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. (Ezekiel 36:26)

## 2. Understand your design

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Ps. 139:14–15

Did God have a special and unique design in mind when He made, called and saved you? Find verses in Ephesians that suggest that God had such a design for you.

In what ways is the design expressed? **SPECS**

**Strengths**  
**Personality**  
**Experiences**  
**Calling or Passion**  
**Skills**

Strengths - The set of talents or abilities that God has given, either at birth or after your new birth. The latter are often called spiritual gifts.

- [StrengthsFinder 2.0](#) or [free Workuno Strengths Test](#)

Personality testing - The special way God wired you to navigate life and fulfill your unique kingdom purpose

- [DiSC profile](#)
- [Myers-Briggs Type Indicator](#)

Experiences -- Those parts of your past, both positive and painful, which God intends to use in great ways.

- [The Calling Journey](#)

Calling or Passion -- The special burdens God has placed on your heart so that you can glorify him on earth.

- Assessment - <http://mypassionprofile.com/> and <http://www.whoismyneighborbook.com/>
- Passion about some cause can grow in intensity - from wanting to learn more about it, to getting involved, to influencing others to get involved, and finally to the point of sacrificing for it

Skills – Competencies you have learned at work, in school or through your own self-study.

- What is one skill you have learned but don't know if or how it will be used on the mission field?

Assessment and identification is not enough. You need to figure out to use this design and develop it intentionally. Then you need to figure out how all the different parts work together. For this to greater awareness, you will need input from others – mentors, coaches, supervisors, friends, parents.

## 3. Identify the Big Rocks

KRAs = Key Result Areas. What are my primary responsibilities, the critical things that God has given to me to accomplish?

- John 17:4 – I have brought you glory on earth by finishing the work you gave me to do.
- What are the components of the work that God expects me to finish?

#### How to identify your KRAs

- Review:
  - Your calling in life (passion)
  - The mission statement of SEND
  - The mission or objectives of your team
  - Your job description
  - Your roles in life
- Ask the following questions:
  - What is essential for me to accomplish to fulfill my calling?
  - What key responsibilities does the rest of the team rely on me to do so that we can accomplish our objectives?
- Check your list with your supervisor and with your team

#### How do you put the big rocks in first?

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#### How to describe your Key Result Areas

- Start with a noun or phrase describing a key area of responsibility – financial support, family, spiritual growth, visa application, language learning, small group, evangelism, etc, etc.
- Add a verb describing what you expect to do in this area of responsibility – lead, oversee, complete, develop, champion, pursue, guide, implement, plan, etc, etc.

#### Seek to identify your own big rocks (Key Result Areas) at this point in your life.

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Identifying your KRAs is fundamental to the process of writing a job description.

## 4. Sharpen the saw

Production needs to be balanced with building production capacity - Steven Covey.

The fable about the golden goose that laid the golden egg.

Good stewardship requires that we take care to develop what God has given us - abilities, ministries.

- 1 Tim. 4:14-15.
- [SEND U's IGP guide.](#)

How do we sharpen our saw in each of the following areas?

- Physical dimension
- Mental dimension
- Social/ emotional dimension
- Spiritual dimension

Sabbath-keeping

- Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day. - Deuteronomy 5:15
- The Sabbath was made for man, not man for the Sabbath. - Mark 2:27
- "It is a stop-work order in the midst of the work that's never complete, never polished. Sabbath is not the break we're allotted at the tail end of completing all our tasks and chores, the fulfillment of all our obligations. It's the rest we take smack-dab in the middle of them, without apology, without guilt, and for no better reason than God told us we could." [The rest of God](#), Mark Buchanan, p. 93.

## 5. Develop Rhythms

Another word for rhythm - habits.

- We need to develop new habits of the spirit that replace the old habits of the flesh.
- Once these practices become rhythms, we will do them nearly automatically, and they won't be nearly as hard as when we first started doing them.

Ken's rhythms

- Daily – unhurried time in the Word, journaling, prayer
- 3-4 times a week – exercise (5 km run or work out in the gym)
- Weekly – Sabbath (Saturday pm, Sunday morning)
- Quarterly – Reflect & Refocus
- Biannually (2x/ year) – Day of Prayer, Reflect & Refocus
- Annually – Individual Growth Plan, Day of Prayer, Reflect & Refocus

What rhythms do you think you will need to live intentionally?

What will be the greatest challenges for you in establishing these rhythms in your life?