

Living Out Loud Intentionally



Why Should I Be Intentional

- By the grace God has given me, I laid a foundation as an expert builder, and someone else is building on it. But each one should be _____ how he builds. For no one can lay any foundation other than the one already laid, which is Jesus Christ. If any man builds on this foundation using gold, silver, costly stones, wood, hay or straw, his work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each man's work. If what he has built survives, he will receive his reward. If it is burned up, he will suffer loss; he himself will be saved, but only as one escaping through the flames. *1 Corinthians 3:10-15 (NIV)*
- And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He _____ those who earnestly seek Him. *Hebrews 11:6 (NIV)*
- Have nothing to do with godless myths and old wives' tales; rather, _____ yourself to be godly. *1 Timothy 4:7 (NIV)*
- See then that ye walk _____, not as fools, but as wise, redeeming the time, because the days are evil. *Ephesians 5:15, 16 (KJV)*

Why do we not live intentionally? _____

You control your life by controlling your _____.

As you get more control over things that matter a great deal to me, you feel terrific!

Two Time Fallacies

- We're going to have _____ time at some unspecified future date than we do now.
- We can somehow _____ time.

Your governing values are the foundation for personal _____.

Governing Values

- What are the highest priorities in my life? Of these priorities which do I value most?
- Is what I am doing today what really matters in my life?
- Inner peace – the bringing together of what I do and what I really value.

Process to Change

Step 1: Unconscious Incompetence

Step 2: Conscious Incompetence

Step 3: _____

Step 4: Conscious Competence

Step 5: Unconscious Competence

Sample Personal Constitutions



Young Working Wife and Mother

*I am the Vine; you are the branches. If a man remains in me and I in him,
He will bear much fruit; apart from Me you can do nothing. (John 15:5)
Not by might nor by power, but by My Spirit, says the LORD Almighty. (Zechariah 4:6)*

Therefore, by the power of His Spirit in me:

1. Above all, I will seek intimate fellowship with the Lord.

*But seek first His kingdom and His righteousness and all these things will be given to you as well.
(Matthew 6:33)*

If my people, who are called by My Name, will humble themselves and pray and seek My face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land. (2 Chronicles 7:14)

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. (Mark 12:30)

Let us know the LORD; let us press on to know the LORD. (Hosea 6:3a)

2. I will live a life of worship.

"If He never did any more for me than save my soul, it would be worth praising Him forever!"

I beseech you therefore, brethren, in light of God's great mercies, that you present your bodies as a living sacrifice, holy, acceptable to God, which is your reasonable service [spiritual act of worship].

(Romans 12:1 KJV [NIV])

Jesus declared... "Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and His worshipers must worship in spirit and in truth." (John 4:23-24)

3. I will live a life of integrity.

So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God. (1 Corinthians 10:31-32)

4. I will live a life of joy.

Be joyful always. (1 Thessalonians 5:16)

Rejoice in the Lord always. I will say it again: Rejoice! (Philippians 4:4)

Light is sown for the [uncompromisingly] righteous and strewn along their pathway, and joy for the upright in heart [the irrepressible joy which comes from consciousness of His favor and protection]. (Psalm 97:11 AMP)

5. I will bring honor to my husband as I serve him.

The heart of her husband trusts in her confidently and relies on and believes in her securely, so that he has no lack of [honest] gain or need of [dishonest] spoil... Her husband is known in the [city's] gates, when he sits among the elders of the land. (Proverbs 31:11, 23 AMP)

[You who are] household servants, be submissive to your masters with all [proper] respect... in like manner, you married women, be submissive to your own husbands [subordinate yourselves as being secondary to and dependent on them, and adapt yourselves to them], so that even if any do not obey the Word [of God], they may be won over not by discussion but by the [godly] lives of their wives. (1 Peter 2:18a, 3:1 AMP)

6. I will bring blessing to my children as I train them.

This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live. (Deuteronomy 30:19)

Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads. Teach them to your children, talking about them when you sit at home and when you lie down and when you get up. Write them on the doorframes of your houses and on your gates, so that your days and the days of your children may be many in the land that the LORD swore to give your forefathers...

(Deuteronomy 11:18-21)

Train a child in the way he should go, and when he is old he will not turn from it. (Proverbs 22:6)

7. I am a household servant. (see 1Peter 2:18- 3:9)

8. Because I know the Master, I will be a good steward of my time, talents and treasure.

The man who had received the five talents brought the other five. "Master," he said, "you entrusted me with five talents. See, I have gained five more." His master replied, "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!" (Matthew 25:20-21)

Sample Personal Constitutions



9. I will honor God with my body.

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body. (1 Corinthians 6:19-20)

But [like a boxer] I buffet my body...discipline it...and subdue it, for fear that after proclaiming to others the Gospel and things pertaining to it, I myself should become unfit [not stand the test, be unapproved and rejected as a counterfeit]. (1 Corinthians 9:27 AMP)

10. I will love others as Christ commands.

A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another. (John 13:34-35)

Eagerly pursue and seek to acquire this love [make it your aim, your great quest]; and earnestly desire and cultivate the spiritual endowments (gifts)...since you are so eager and ambitious to possess spiritual endowments and manifestations of the [Holy] Spirit, [concentrate on] striving to excel and to abound [in them] in ways that will build up the church. (1 Corinthians 14:1a, 12 AMP)

And let us consider how we may spur one another on towards love and good deeds. Let us not give up meeting together as some are in the habit of doing but let us encourage one another – and all the more as you see the Day approaching. (Hebrews 10:24-25)

11. I will be a seeker of the lost.

[Strive to] save others, snatching [them] out of [the] fire; on others take pity [but] with fear, loathing even the garment spotted by the flesh and polluted by their sensuality. (Jude 1:23)

But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect. (1 Peter 3:15)

Older Woman (60's)

1. Godliness – I want to live my life so that when others think of me the word “godly” comes to mind. To do this, I must, each day, spend time reading, studying and memorizing the Bible. I must endeavor to give Christ first place in all I do; at work, home and play.
2. Encourager – I want to encourage everyone I meet. I will never “trash can” anyone because God loves them as much as he loves me. I will always try to use scripture to encourage others knowing that only God’s Word can truly change a life.
3. Integrity – I will endeavor to be the kind of person who tells the truth in love. I will not lie or steal. I will always speak good about my brothers and sisters in Christ.
4. Model Excellence – I will live my life in such a way that I model excellence in all I do. I will give it my all when I work each day, spending the morning hours, when I am most productive, working. I will lead in an excellent manner; living my life so that others can follow me, knowing they will succeed.
5. Family first – I will give my family first place after God. This means I will spend time with them on birthdays and special occasions. I will call and e-mail on a regular basis.
6. Friends – I will take the time to be with the friends God gives me. I will ask God to give me new friends who inspire me to keep growing. I will ask God to help me be that kind of friend also.
7. Maintain a strong and healthy body - I will eat only foods that build good cells in my body. I will eat unhealthy foods rarely or never. I will exercise my body every day that I work. I will do aerobic exercise, strength training and stretching as part of my exercise routine.
8. Financially Independent - I will stay debt free. I will trust God to give us the money to give back to Him. I will give 10% of all I earn to my church. I will ask God to show me how to retire and be financially solvent.

Sample Personal Constitutions



Becky Turner

Mission: Because of the love of Christ, my mission is to see the Kingdom of God advanced especially in the areas of personal financial giving and discipleship by using my gifts of communication and leadership skills.

Value #1: I love Christ – I spend quality one on one time with Christ and share Him with others. (Phi. 3:8)

Value #2: I have integrity – I live a life above reproach both morally and emotionally. (Psalm 15:1, 2)

Value #3: I am cheerful – My attitude is upbeat and encouraging to others. (I Theo. 5:11)

Value #4: I seek Truth – Only true understanding will set anyone free from bondage. (John 8:32)

Value #5: I love my family – I nurture the relationships with my family through prayer, contacting them and sharing with them. (Joshua 24:15)

Value #6: I love my friends – I nurture the relationships with my family through prayer, contacting them and sharing with them. (Psalm 55:14)

Value #7: I strive for excellence – I do my best in all things so that God can be glorified. (I Cor. 10:31)

Value #8: I am financially secure – Money is a means to an end and I handle money frugally. Debt is none or a minimum. (Proverbs 31:16)

Value #9: I am an influencer – I seek to positively influence all those around me to either show them Christ or to bring them closer to His presence. (Matt. 28:19, 20)

Value #10: I am productive – My works will demonstrate my faith. (James 2:18)

Value #11: I am physically fit – I avoid bad habits (i.e. fried foods) and practice good habits in eating and physical exercise. (I Cor. 6:19, 20)

Homework

- 1. Write Personal Constitution**
- 2. Take 15 minutes each morning and ask the Lord what your day needs to look like then plan your day.**
- 3. Eliminate all calendars but one.**
- 4. Identify time robbers in your life.**

If you have any questions or concerns, just give me a call 713-824-5649 or communicate through www.BeckyTurner.com.

You can gain control of your life and have inner peace!!!