



questions for reflection

series: "The Intentional Life"

Have you ever thought you were too busy to plan, too broke to budget or too overwhelmed to connect with community? All too often we live in a reactive haze, just trying to catch our breath before the onslaught of the next thing in life. With summer in view, we want to live in an intentional way where we get the full benefit of our relationships with others, our resources and our time with God. So join us as TNL explores The Intentional Life.

part 1:

"Our Hearts"

by Chip Anderson on Tuesday May 5, 2009

What aspect of your life do you sense God asking you to be more intentional about right now?

What areas of life do you feel most unintentional about?

Our culture seems to accept and even reward "busyness" as something that is good – something that represents a full and important life. Yet in reality, busyness is something that is unhealthy and should be attended to.

- What makes busyness unhealthy?
- Why do you think our culture tolerate and rewards busyness? What is the underlying values that drives this?
- If your life were less busy and more intentional, how would you feel about it?
- What thoughts or attitudes might people around you have toward that kind of lifestyle?
- How can a simpler and more intentional life be redemptive for those around you?

In Luke 10:38-42, Martha is busy about many things while Mary is focused on Jesus. He tells them only one thing is needed.

- What do you think this one thing was?
- If Jesus were to look at you and tell you that only one thing was necessary, what would that one thing be?
- How can you live

Chip lead us through an exercise on exploring our values.

- List 5-10 values you hold. Be specific.
- Pick the most important or significant one to you.
- Now pick the one value to which you give most of these resources: your time, money, energy/passion.
- Is your most important value the one to which you give most of your resources?
- Are there ways that you can intentionally realign your resources to connect with your values?

What are the things in your life that keep you feeling busy and distracted from your values?

When and where do you spend time attending to your heart and fostering your relationship with God?

Are there times, places, and routines that would make this an easier and more regular process?

Chip suggested a number of ways to attend to the needs of your heart and soul. Would any of these feel beneficial for you to put some time into?

- Journaling/prayer/confession
- Counseling
- Sabbath and rest
- Fasting
- Silence/solitude
- Study
- Mentoring