

## Intentional Living: Book Overview

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➤ **PP:** Define “Intentional”

- 1: A determination to act in a certain manner.
- 2: resolve, import (to be of importance) significance
- 3: what one intends to do to bring about a desired outcome

➤ **PP:** Define Momentum:

- a. Momentum can be defined as "mass in motion." All objects have mass; so if an object is moving, then it has momentum - it has its mass in motion.
- b. The amount of momentum that an object has is dependent upon two variables: how much stuff is moving and how fast the stuff is moving.

Highlights from the book “*Intentional Momentum*”

### 1: Intentional Momentum

- **PowerPoint:** If I spend all of my time focusing only on what I am going to do NEXT I will neglect what I am supposed to be doing NOW.

**1 John 3:2 KJV** - [2] *Beloved, NOW ARE WE the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.*

### 2: Intentional Intercession

- **PowerPoint:** Prayer is vital to the process and productivity of all momentum makers. You cannot establish spiritual momentum without PRAYER (and fasting)

**Mark 9:17-29 KJV** - [17] *And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit; [18] And wheresoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and I spake to thy disciples that they should cast him out; and they could not. [19] He answereth him, and saith, O faithless generation, how long shall I be with you? how long shall I suffer you? bring him unto me. [20] And they brought him unto him: and when he saw him, straightway the spirit tare him; and*

*he fell on the ground, and wallowed foaming. [21] And he asked his father, How long is it ago since this came unto him? And he said, Of a child. [22] And oftentimes it hath cast him into the fire, and into the waters, to destroy him: but if thou canst do any thing, have compassion on us, and help us. [23] Jesus said unto him, If thou canst believe, all things are possible to him that believeth. [24] And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief. [25] When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him. [26] And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead. [27] But Jesus took him by the hand, and lifted him up; and he arose. [28] And when he was come into the house, his disciples asked him privately, Why could not we cast him out? [29] And he said unto them, This kind can come forth by nothing, but by prayer and fasting.*

- **PowerPoint:** Demons not only recognize authority, they recognize DISCIPLINE. The problem is not always a lack of power. Sometimes it's a lack of discipline.

**John 14:30 KJV** - *[30] Hereafter I will not talk much with you: for the prince of this world cometh, and (hath nothing in me)*

- **PowerPoint:** = en emoi ouk echei ouden = "no claim on me" (ESV), "no hold over me" (NIV), "nothing in me" (NASB), or "no power over me" (CSB)

### 3: Intentional Worship

- **PP:** There will come a season in every true worshippers life where God will require you to choose communion over companionship.

**Genesis 32:22-24 KJV** - *[22] And he rose up that night, and took his two wives, and his two womenservants, and his eleven sons, and passed over the ford Jabbok. [23] And he took them, and sent them over the brook, and sent over that he had. [24] And Jacob was left alone; and there wrestled a man with him until the breaking of the day.*

## 4: Intentional Leadership

- **PP:** Anyone can steer the ship, but it takes a Leader to chart the course.

**Exodus 14:11-15 KJV** - [11] *And they said unto Moses, Because there were no graves in Egypt, hast thou taken us away to die in the wilderness? wherefore hast thou dealt thus with us, to carry us forth out of Egypt? [12] Is not this the word that we did tell thee in Egypt, saying, Let us alone, that we may serve the Egyptians? For it had been better for us to serve the Egyptians, than that we should die in the wilderness. [13] And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever. [14] The Lord shall fight for you, and ye shall hold your peace. [15] And the Lord said unto Moses, Wherefore criest thou unto me? speak unto the children of Israel, that they go forward:*

## 5: Intentional Forgiveness

- **PP:** Intentional forgiveness requires that I relinquish my right to get even.

**Matthew 18:21-22 KJV** - [21] *Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? [22] Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.*

## 6: Intentional Identity (In Christ)

- **PowerPoint:** I cannot fulfill my life's purpose by starting with a focus on myself. If i begin with me, I will begin from a position of limitation and will end in a condition of frustration.

**Psalms 115:1 KJV** - [1] *Not unto us, O Lord, not unto us, but unto thy name give glory, for thy mercy, and for thy truth's sake.*

## 7: Intentional Thinking

- **PowerPoint:** The past is a place of reference, not a place of residence; the past is a place of learning, not a place of living.

**Philippians 3:13-14 KJV** - *[13] Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, [14] I press toward the mark for the prize of the high calling of God in Christ Jesus.*

## 8: Intentional Submission

- **PowerPoint:** I cannot fulfill the will of God living by my feelings. I can only fulfill the will of God living by faith!

**Matthew 26:37-39 KJV** - *[37] And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. [38] Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me. [39] And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.*

## C: Twelve principles of Intentional living

1: Intentional living is the art of exercising the right of choice, to make right choices.

2: Intentional Living requires understanding that our attitudes, feelings, thoughts and actions (conscious and unconscious) directly impacts every single one of our experiences.

3: My state of mind determines my state of being

4: What we do with time will determine (where) we spend eternity....

5: Intentional living involves taking responsibility for our spiritual, emotional, mental and physical well-being and freeing ourselves from self-limiting conditioning.

6: Intentional Living requires gaining clarity about what God requires, what we desire and the harmony or disharmony of those two entities.

7: Intentional Living is owning what we say and choosing how we “show up” in all situations.

8: Intentional Living is making a selfless decision to be a contributor to a cause greater than ourselves.

9: Being intentional requires:

A. Constantly refining skills

B. Choosing to respond vs. reacting

C. Expanding both our thoughts and comfort zones while consciously increasing focus on the experience we intend to create – without defining how it “has to” look.

10: Living intentionally means converting all your time into that which you have been called to do. (Not everything you are asked to do)

11: At some point intentional Living will require giving up who you WERE to become who you ARE.

12: Living intentionally means you must be intentional and decisive about how you manage life’s most valuable commodity.....”TIME”.