



# 30 DAYS Of Intentionality

## INTRO

What if your faith could become so real, so practical, so down-to-earth, that all of the little things - from getting your morning coffee to passing your neighbor in the yard - could be purposeful and blessed? 30 Days of Intentionality was inspired by a desire for our church family to individually experience God at work in the details of their every day lives- where real faith is lived out.

As Incarnational Ministry leaders, we've noticed a few things about intentionality over the last three years. We've seen that when after God intentionally- desiring to experience His presence and be utilized for His work, He begins to reveal Himself. We see ways that God is at work in our routines, our workplaces, our meals, our play-times, and in our community. It doesn't come easy, but when we live on purpose with intentionality, we start to experience a more holistic, everyday Christianity.

Throughout the month of October, you will be guided through simple, daily opportunities to practice 'being intentional' in your own life in many different ways. We pray that this month-long journey will challenge, affirm, and strengthen your faith. We'll also have stories on Sunday mornings from individuals in Epic Life demonstrating the ways they have shown intentionality in their own lives. We hope the month to come you will take you to a deeper place in your personal relationship with Christ. May you see truly how involved Christ is in your everyday life. Welcome to 30 Days of Intentionality.

# 1 INTENTIONALITY IN OUR RELATIONSHIP WITH GOD

Today, shut off your phone for an hour, spend the time alone in quiet, praying.

# 2 INTENTIONALITY IN OUR RELATIONSHIP WITH GOD

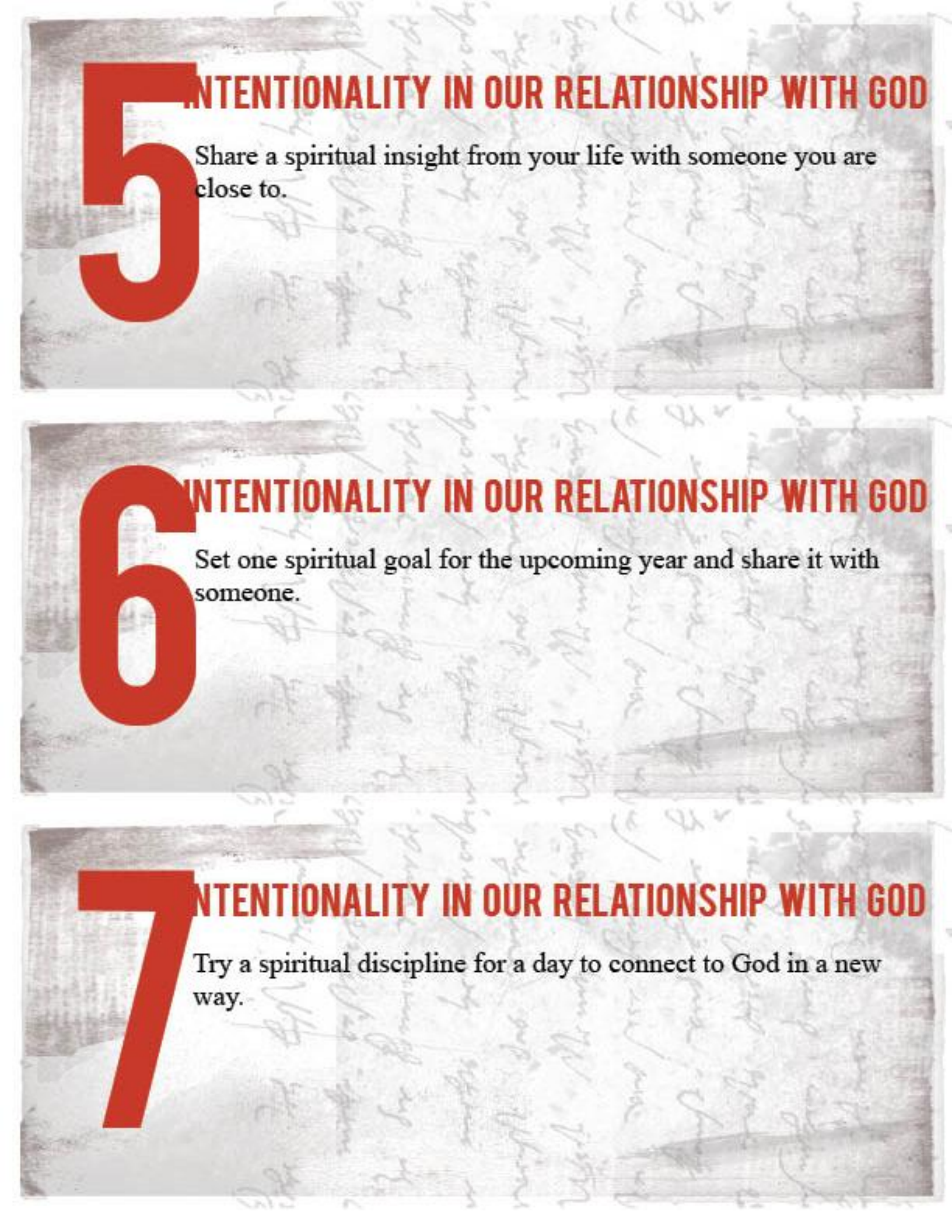
Send an encouraging text message to someone, just because.

# 3 INTENTIONALITY IN OUR RELATIONSHIP WITH GOD

Take a walk through your neighborhood, asking God to show you things to pray for.

# 4 INTENTIONALITY IN OUR RELATIONSHIP WITH GOD

Ask someone at church for a book to read that will help develop your relationship with God.



# 5 INTENTIONALITY IN OUR RELATIONSHIP WITH GOD

Share a spiritual insight from your life with someone you are close to.



# 6 INTENTIONALITY IN OUR RELATIONSHIP WITH GOD

Set one spiritual goal for the upcoming year and share it with someone.



# 7 INTENTIONALITY IN OUR RELATIONSHIP WITH GOD

Try a spiritual discipline for a day to connect to God in a new way.



8

## INTENTIONALITY IN OUR RELATIONSHIP WITH SELF

Sit by someone new at church, stop sitting by yourself.



9

## INTENTIONALITY IN OUR RELATIONSHIP WITH SELF

Take a spiritual gifts test.



10

## INTENTIONALITY IN OUR RELATIONSHIP WITH SELF

Tell your house church your strengths, passions, skills, and how you could use that to help someone.



## INTENTIONALITY IN OUR RELATIONSHIP WITH SELF

# 11

Invite someone on a walk or workout- something you'd usually do by yourself

## INTENTIONALITY IN OUR RELATIONSHIP WITH SELF

# 12

Ask a new person at Epic to go out for a meal or for coffee.

## INTENTIONALITY IN OUR RELATIONSHIP WITH SELF

# 13

Walk/Drive a new route home, break up your daily routine.



# 14

## INTENTIONALITY IN OUR RELATIONSHIP WITH SELF

Thank someone from your past for investing time/energy/encouragement into you.

# 15

## INTENTIONALITY IN OUR RELATIONSHIP WITH SELF

Today, start one conversation with an absolute stranger.

# 16

## INTENTIONALITY WITH FRIENDS & NEIGHBORS

Knock on your neighbor's door and introduce yourself.

The background of the entire page is a collage of handwritten text in various colors and orientations, overlaid on a light-colored, textured surface that resembles a landscape or a piece of paper. The text is mostly in shades of blue, green, and brown, and appears to be cursive or a similar script. The overall effect is that of a busy, layered background.

# 17

## INTENTIONALITY WITH FRIENDS & NEIGHBORS

Invite your neighbor in for a meal.

# 18

## INTENTIONALITY WITH FRIENDS & NEIGHBORS

Buy the person in line behind you coffee.

# 19

## INTENTIONALITY WITH FRIENDS & NEIGHBORS

Bake your co-workers cookies

# 20

## INTENTIONALITY WITH FRIENDS & NEIGHBORS

Offer to babysit for free.

# 21

## INTENTIONALITY WITH FRIENDS & NEIGHBORS

Tip your waitress extra, get his or her name, and thank them. If you go back, look for the same person again.

# 22

## INTENTIONALITY WITH FRIENDS & NEIGHBORS

Take a trash bag and clean up your neighborhood.

## **INTENTIONALITY WITH FRIENDS & NEIGHBORS**

# 23

Attend a neighborhood council meeting.

## **INTENTIONALITY WITH GLOBAL & LOCAL MISSIONS**

# 24

Check out our missionary's blogs online.

## **INTENTIONALITY WITH GLOBAL & LOCAL MISSIONS**

# 25

Go to a news website like BBC just to see what is going on in the world.

## **INTENTIONALITY WITH GLOBAL & LOCAL MISSIONS**

# 26

Purchase something you need from a business on Aurora

## **INTENTIONALITY WITH GLOBAL & LOCAL MISSIONS**

# 27

Visit the community garden on Aurora.

## **INTENTIONALITY WITH GLOBAL & LOCAL MISSIONS**

# 28

Look up a class/club/center unique to your community. How could you participate, even for a day?

## INTENTIONALITY WITH GLOBAL & LOCAL MISSIONS

# 29

Eat lunch in the Oak Tree Village after church

## INTENTIONALITY WITH GLOBAL & LOCAL MISSIONS

# 30

Volunteer at the Epic Life Academy.

# WE

hope you were challenged and encouraged through your experiences in the last 30 days. We want you to understand that this was just a way to begin what we hope will be a lifelong adventure for you. Please continue to challenge yourself daily to be intentional, and make sure to share your experiences with your House Church community and those close to you.

We will end our 30 Days of Intentionality with this thought from Richard Blackabee (Experiencing God):

*"Right now, God is working all around you, as well as in your life. One of the greatest tragedies among God's people is that, although they deeply long to experience God, they are encountering Him day after day but do not recognize Him. We hope that you have begun to see the many ways to clearly identify God's activity in and around your life. The Holy Spirit and God's Word will instruct you and will help you know when and where God is working. Once you know where He is active, you will adjust your life to join Him in His activity.*

*You will experience God accomplishing His purposes through your life. When you enter this kind of intimate love relationship with God, you will know and do His will and experience Him in ways you have never known before. You cannot achieve this by following a spiritual formula. Only God can bring you into this kind of relationship."* \*\*