



GO AND...

BE INTENTIONAL

How Can You Go And ... Be Intentional this Month?

Intentionality requires prioritizing God's kingdom and righteousness about all else. When we align our desires and actions with God's will, he promises to provide for our needs. Trusting in his provision frees us to live intentionally and pursue his purposes. Matthew 6:33

Finding time for prayer can be difficult with all of our busy schedules and demands on our time each and every day. Martin Luther was quoted as saying, "When I'm busy, I pray. When I'm really, really busy, I pray more." Small changes made slowly add up to big changes. This month, try to find 5 minutes each day to do something that brings you joy. In just 5 minutes a day, you will be taking care of you. Schedule this time into your phone or calendar/planner like you would a meeting. Offer that joy to God as your daily prayer practice.

Not sure how to start?

Set your timer for 5 minutes and *Go And ...*

Dance: Pick your favorite song & turn it up. How does it feel to move your body?

Sing: Sing your favorite hymn, or favorite song, or write your own song.

Write: Grab your favorite journal & pen. What prayer(s) are on your heart? What worries are preying on your mind? What are you joy-filled about?

Garden: Do you have a favorite house plant, or favorite herb(s) for a herb garden? Grab a pot, get your fingers in the dirt, and plant something new that can grow inside this month.

Walk: Take a walk through your backyard, neighborhood, or park. What do you see?

Draw, Paint, Zentangle, Color, Create Something: Get out your favorite art supplies and embrace your inner third grader to draw something - - anything.

Labyrinth: This ancient prayer practice can be done anywhere. Does your church or community center have an indoor and/or outdoor labyrinth that you could walk? If not, finger labyrinths can be used anywhere. (Finger labyrinth provided by Portico Benefits. Printable PDF image below.)

Prayer Practice for the Labyrinth:

Take a deep breath and begin to trace the path of the labyrinth with your finger/pen/stylus. Focus on your breath as you move intentionally through the path. What do you notice as you journey towards the middle?

Pause and breathe in the middle of the labyrinth.

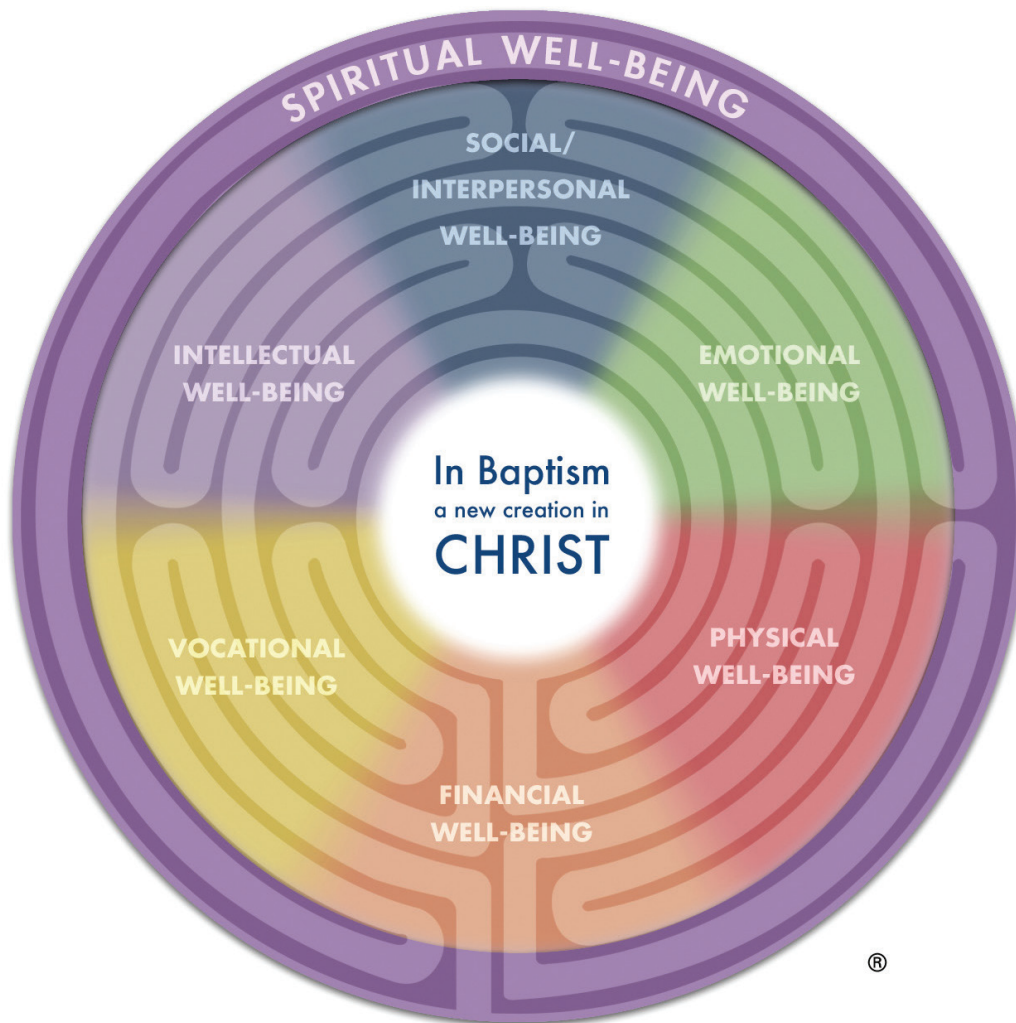
Focusing on your breath, trace your way back to the beginning.

What do you notice?

Pause and give thanks to the loving God who created us all.

So, how will you “Go And ... Be Intentional” this month?

Pray the Wholeness Wheel Labyrinth



**Trace Your Way
Along the Path**

*Prayerfully consider
how you experience
each dimension*

Rest in the Center

*Ask God to fill you
with a sense of
peace and purpose*

**Follow the Path as it
Returns Outward**

*Notice your thoughts and
feelings as you listen for
the Spirit's nudges*

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Note: Portico Benefit Services' wholeness wheel emblems are trademarks of Portico Benefit Services (U.S. Patent and Trademark). Certificate of registration numbers: 4,637,260; 4,637,258; 4,637,259; 4,636,828; 4,677,811; 4,769,984.

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