

EVERYDAY GRACE



CLARIFY YOUR INTENTIONS WITH GOD

A 4-STEP PROCESS FOR SPIRITUAL GROWTH

INTRODUCTION

Have you ever felt like you're just going through the motions, wandering aimlessly without a clear sense of direction or purpose? It's a common experience in our fast-paced, distraction-filled world. But fear not, because today, we'll uncover the transformative power of intentionality.

To clarify your intentions, let's start by defining what intentions are. Intentions are the conscious, deliberate choices we make about what we want to achieve or experience in our lives. They serve as our compass, guiding us towards our desired destinations.

Now, imagine you're setting out on a road trip without a destination in mind, no GPS, and no map. You might have some fun adventures along the way, but you'll likely waste time, energy, and resources. Life can be a lot like that road trip when we lack clear intentions.

So, how can clarifying your intentions help you avoid wandering aimlessly?

- 1. Provides Clarity:** When you set clear intentions, you gain clarity about your goals and aspirations. You define what truly matters to you.
 - 2. Enhances Focus:** Intentionality sharpens your focus. With a clear intention, you direct your energy and efforts toward what aligns with your goals, reducing the tendency to be pulled in various directions by life's demands.
 - 3. Boosts Motivation:** Knowing why you're doing something provides a powerful source of motivation. Your intentions act as a reminder of your purpose, pushing you to stay committed, even when faced with challenges.
 - 4. Improves Decision-Making:** When you have a clear intention, it becomes easier to make decisions that align with your goals. You can evaluate choices based on whether they move you closer or farther away from your desired outcomes.
 - 5. Fosters Accountability:** Setting intentions makes you more accountable to yourself. You can measure your progress and adjust your actions as needed to stay on track.
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So, how do you go about clarifying your intentions?

We have developed a 4-step process to help you clarify your intentions with God. The steps are: Reflection | Goal Setting | Action Plan | Ongoing Process

1 REFLECTION

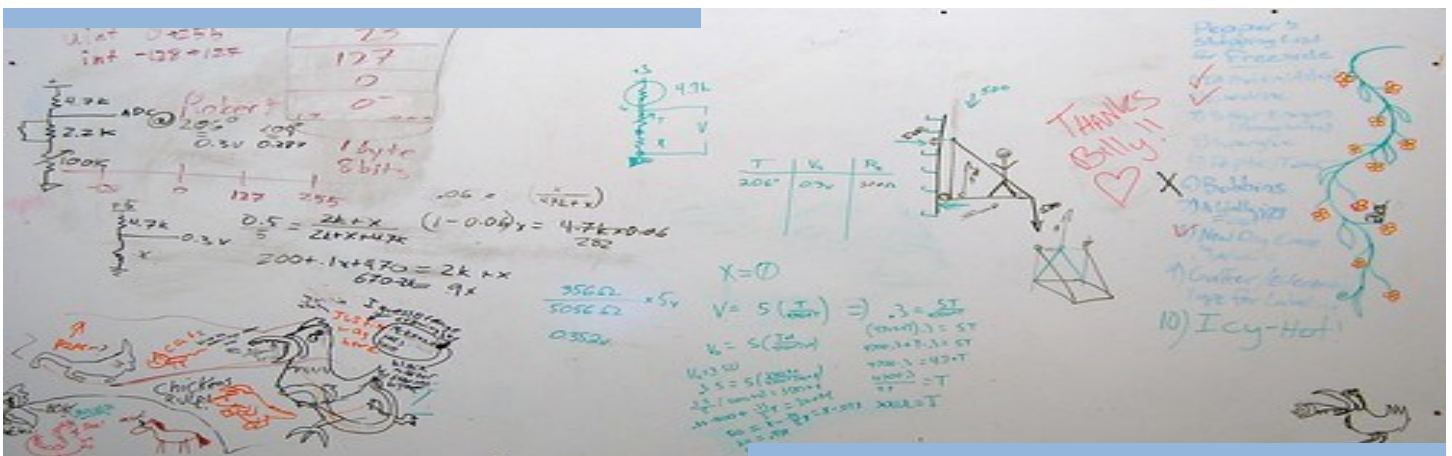
Reflection is the process of contemplating and thinking deeply about one's experiences, thoughts, feelings, and actions, offers numerous benefits across various aspects of life. Here are some of the key benefits of reflection: Personal Growth, Emotional Regulation, Problem Solving, Goal Achievement, and Purpose.

Many years ago, I went through this process. I was wandering aimlessly and needed direction but I didn't know where to begin. So, I began with a whiteboard and Diet Pepsi. I spent some time walking through my story unlocking the mystery of my wandering. It was amazing how my brain recalled hurt, pain, anger but also love, joy and fulfillment. It wasn't easy to recall my grief, but it was necessary.

To have a successful reflection, one must ask themselves difficult questions such as:

- ☐ What are my long-term goals and aspirations?
- ☐ Am I satisfied with my current life path?
- ☐ What fears or doubts hold me back from pursuing my desires?
- ☐ What do I want to learn or improve upon in my life?
- ☐ What do I value about God, family, career, and myself?

These are just a few sample questions. It's best to create your own questions. It's amazing how your mind will lead you to developing your own questions. **Nevertheless, diving into your story will get to the root of your wandering.** So, write the answers on a whiteboard. When you visually see your answers, it brings clarity and leads you to the next step: Setting Goals.



2 SETTING GOALS

Setting goals is a powerful and effective practice that can bring about numerous benefits in various aspects of life. A few benefits of setting goals are: Clarity and Focus, Motivation, Sense of Achievement, and Increase Productivity.

Setting and working toward meaningful goals is a valuable practice that can help you achieve personal and professional success while fostering growth and well-being. **It's important to set both short-term and long-term goals to strike a balance between immediate accomplishments and your larger life vision.** And this leads me back to my story.

After seeing my answers on the whiteboard, I began to set clear and specific goals. I used the SMART framework to set my goals. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-Bound.

Specific: Clearly define your intention. Ask yourself what you want to achieve in your spiritual journey and why it's important.

Measurable: Determine how you'll measure your progress. What are the milestones that will indicate you're moving in the right direction?

Achievable: Ensure that your intention is realistic and attainable. Assess whether it's within your capacity to achieve, given your current circumstances.

Relevant: Confirm that your intention is aligned with your spiritual values and beliefs. It should be meaningful and pertinent to your relationship with God.

Time-Bound: Set a specific timeframe for achieving your intention. Having a deadline provides a sense of urgency and commitment.



3 AN ACTION PLAN

After coming up with my goals, the next step was to create an action plan. An action plan is a structured document or strategy that outlines specific steps, goals, and objectives to achieve a particular outcome or address a specific issue. Creating and implementing a plan of action offers several benefits: Focus; Accountability; Efficiency; and Direction. Overall, a plan of action is a valuable tool for individuals to achieve their desires or to address challenges. For me, an action plan got me back on track.

My action plan was simple: find a Christian Life Coach who could help me find inner peace. So, I prayed and God revealed a person. My Life Coach believed that my unhealthy emotions such as fear and anger were the root to my wandering and lack of spiritual growth. As we addressed the unhealthiness, eventually it would bring peace with God and purpose in life. We spent years walking through my story, taking certain tests such as Strengthsfinder, Enneagram and Spiritual gifts to reveal how wonderfully God made me, and introduced me to certain Christian authors that guided me into developing my own quality time with God.

You see, so much about spiritual growth is about making a commitment to your own growth. It's that simple. But, it's not. **It requires effort, dedication, and a willingness to face both light and shadow aspects of yourself.** At first, the process is painful as you come to terms with life's journey but it's an important part of the process to find healing and peace. So, don't be in a hurry; don't start and stop the process; be committed for however long the process is until you reach your goals.



4 ONGOING PRACTICE

Keep in mind, spiritual growth is a life-long process and you may have many different life-coaches or spiritual advisors throughout your lifetime. It's okay if you go a season or two without a conversation with a life coach. I've learned that you may not need them forever because they will give you the life skills needed for your journey. However, it's good to have them on speed dial when you need them. And this leads me to my last step, an ongoing practice.

As you evolve, your intentions may evolve too. It's essential to revisit and adjust your intentions periodically to stay in harmony with your spiritual path. What has helped me is a periodical check-in with my life coach; but really, it has been my wife who is a huge part of my ongoing process.

Each year my wife and I go on a spiritual retreat just for that purpose of reflecting, setting goals, and creating a course of action. **We both recognize that spiritual growth is the foundation for a harmonious and purposeful future together.** Therefore, spending time in the mountains, unplugged from the world, allows us to seek clarity with our career, children, health, marriage and finances. We both believe that clarity empowers action. When you're clear about your intentions, you're more likely to make choices and take steps that align with your life's goals. Once we get home, we have continuous check-in's and intentional adjustments until our next retreat.

In the end, the ongoing process is about staying flexible and being open to adjustments in your journey. **Keep in mind**, your intentions may evolve as you grow spiritually, and that's okay. Be gentle with yourself and trust God's process.



in progress



refused



done

CONCLUSION

As you journey through life in your walk with God, the quest for clarity in your intentions is a profound and essential pursuit. It is a journey that, like a beautifully woven tapestry, combines your faith, your values, your desires, and your divine connection into a harmonious whole. With this clarity, you illuminate the path before you, and every step becomes purposeful and guided by the hand of God.

Your intentions with God are the foundation upon which your spiritual journey rests. They define the essence of your faith and the depth of your relationship with the God. They are the driving force behind your actions, your decisions, and the way you engage with the world around you. You will discover the true desires of your heart and understand how to align them with your faith. You are better equipped to love, serve, and make a positive impact on the lives of those around you.

Remember clarifying your intentions is not a one-time endeavor. It is an ongoing process with you and God. In moments of clarity and in times of doubt, in joy and in sorrow, God is there, guiding your way. Your intentions become a conversation between your heart and Him, and your faith grows stronger as a result.

In closing, may this pursuit of clarity in your walk with God be a source of spiritual growth and a catalyst for deepening your faith. May it bring you closer to God, enrich your life with purpose, and inspire you to live a life that reflects your true intentions. As you continue to clarify your intentions in your walk with God, may you find the peace, purpose, and connection you seek, and may your journey be blessed with divine guidance every step of the way.

