

The Intentional Life – Cultivating A Life That Matters

Week 6

Developing Healthy Boundaries and Habits: Intentional exercises and practices that will help you grow and sustain your time wealth areas (referring to *The Intentional Life Evaluation* from week 1), and wholeness of heart.

NOTE: It is important to build the remaining exercises and practices in connection with Jesus (week 5, exercise #1), so keep practicing!

Exercise #2 – Check your heart – self-awareness

Set a regular time to check in with your emotions. Use journaling, meditation, or quiet contemplation. Ask Holy Spirit to reveal the following:

- What emotions am I experiencing today?
- Where do I feel stuck or wounded?
- In what areas am I seeing growth?
- How am I experiencing the Presence of the Holy Three in my life right now?
- What thoughts (ungodly beliefs/lies for negative emotions and Godly beliefs/truths for healthy emotions), patterns, decisions, behaviors do I need to address or highlight?
- When you feel tension, stress, or discomfort, identify the emotion linked to the sensation. This will build emotional awareness over time.
- When difficulties persist for several days, begin an emotional journal for a few weeks. Record your predominant emotions and triggers as negative emotions arise. At the end of the month, review your notes to identify patterns and areas that need heart healing or growth.

Exercise #3 - Invite Jesus to partner with you

Regularly do your heart healing work by inviting Jesus into your painful emotions, difficulties, or memories.

- Close your eyes and use imaginative prayer (see exercise 1). Invite Jesus into the painful emotion, difficulty, or memory, and notice the scene that comes to mind.
- Ask Jesus, What do You want to show me or say?
- How is Jesus' presence affecting my feelings or thoughts?
- Jesus, what lies do I believe about this?
- Jesus, what is the truth about this situation?
- Repent of believing the lies that you've allowed to control you.
- Forgive anyone involved in this situation, including yourself.
- Embrace and declare these truths for a period of time. Your feelings will come along eventually.
- If you feel stuck at any time in this process, focus on a joyful time with Jesus. Focus on that event, invite Jesus to show you where He is, and begin thanking and appreciating Him aloud to reset your joy.