

“Make the most of every opportunity in these evil days. Don’t act thoughtlessly, but understand what the Lord wants you to do.” Ephesians 5:16-17 NLT

[lectio] // EPHESIANS 5:6-20

listen to the text by reading out loud slowly and repeat up to 3x if desired

Ahhh, the life of intentionality! Not a busy, hectic, chaotic life - a focused, paced, purposeful one. A life that looks like it glides, not struggles. A life that is moving with the flow of current, the stream that is powerful and knows it’s end. Paul writes about cooperating, dancing with the creator, the Holy Spirit who knows and sees and works the will of God on this planet. Looking for those clues, those “coupons” and discounts is key to effectiveness and the power of intention when following his lead. The Holy Spirit will guide, will I follow.

[oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

I want to wake up everyday and look for the coupons, deals and opportunities in the world to be effective and fulfilled following your lead. So the question, “where does this dance lead me today?” I am yours to direct. Help me see the signs and markers of your work and the faith to engage in the Kingdom of God.

[contemplatio]

rest in the presence of God, allowing the words revealed to take root