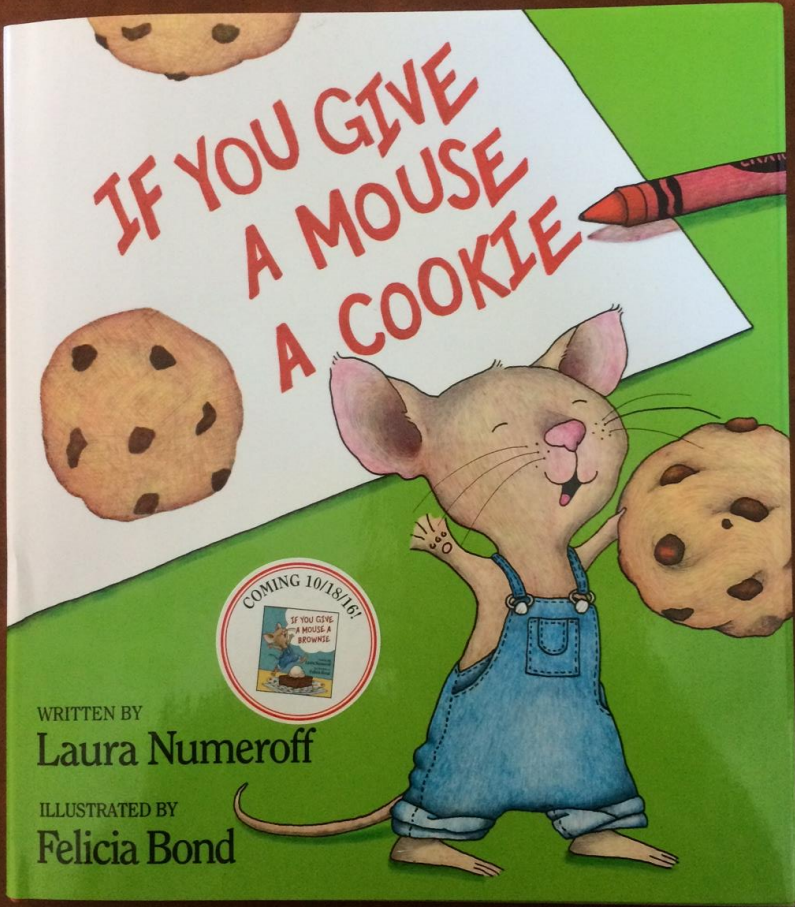


PRA▶▶XIS

AN INVITATION TO MORE

An Intentional Life



IF YOU GIVE
A MOUSE
A COOKIE



WRITTEN BY
Laura Numeroff

ILLUSTRATED BY
Felicia Bond

If you give a mouse a cookie,





he's going to ask for a glass of milk.

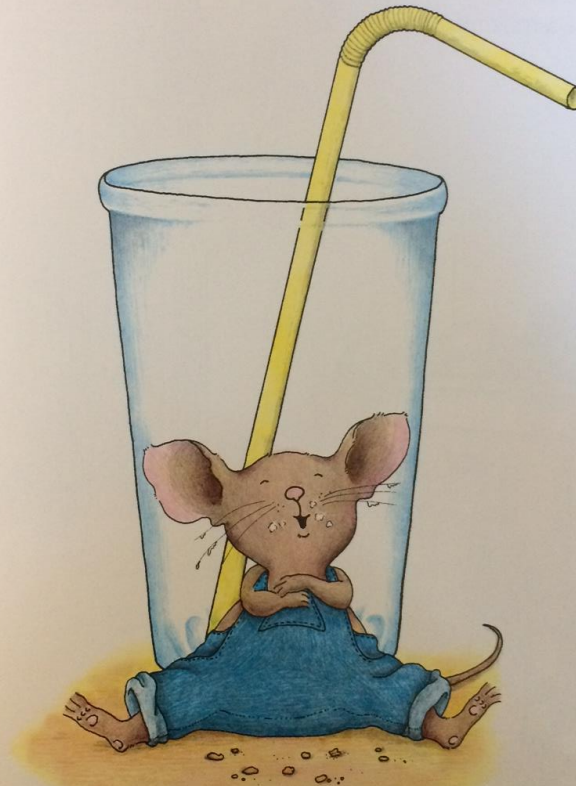
When you give him the milk,



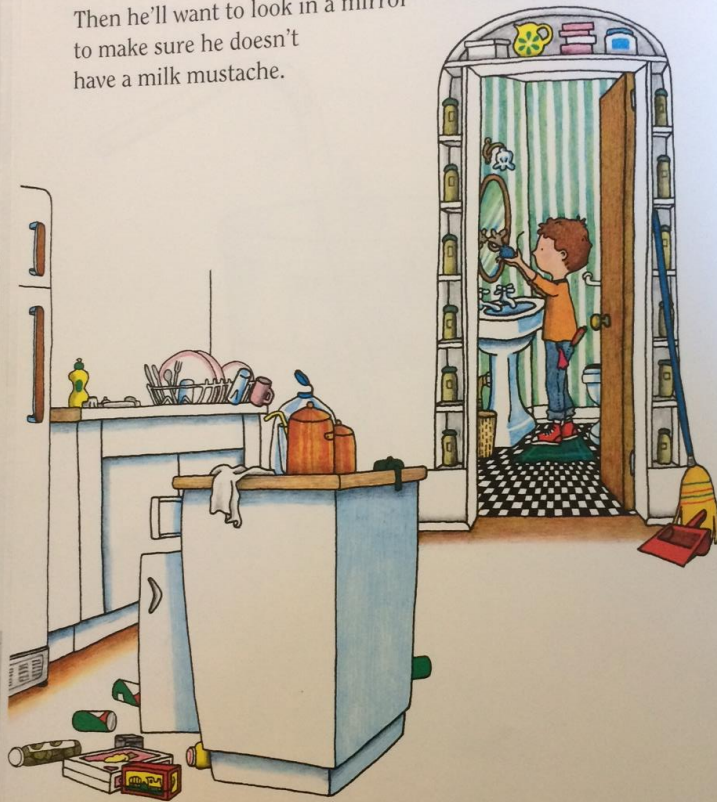
he'll probably ask you for a straw.



When he's finished, he'll ask for a napkin.



Then he'll want to look in a mirror
to make sure he doesn't
have a milk mustache.



When he looks into the mirror,



he might notice his hair needs a trim.

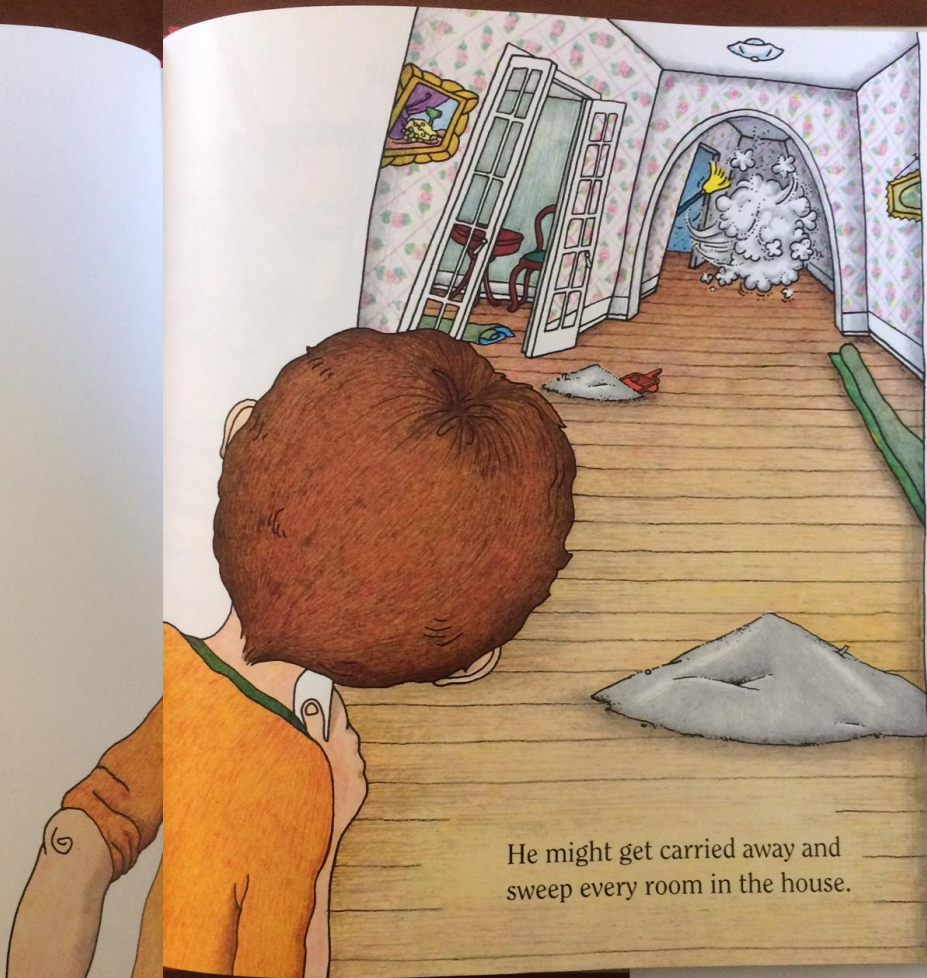
So he'll probably ask
for a pair of nail scissors.





When he's finished giving himself a trim,
he'll want a broom to sweep up.

He'll start sweeping.



He might get carried away and
sweep every room in the house.

He may even end up washing the floors as well!



When he's done,
he'll probably want to take a nap.



You'll have to fix up a little box for him
with a blanket and a pillow.

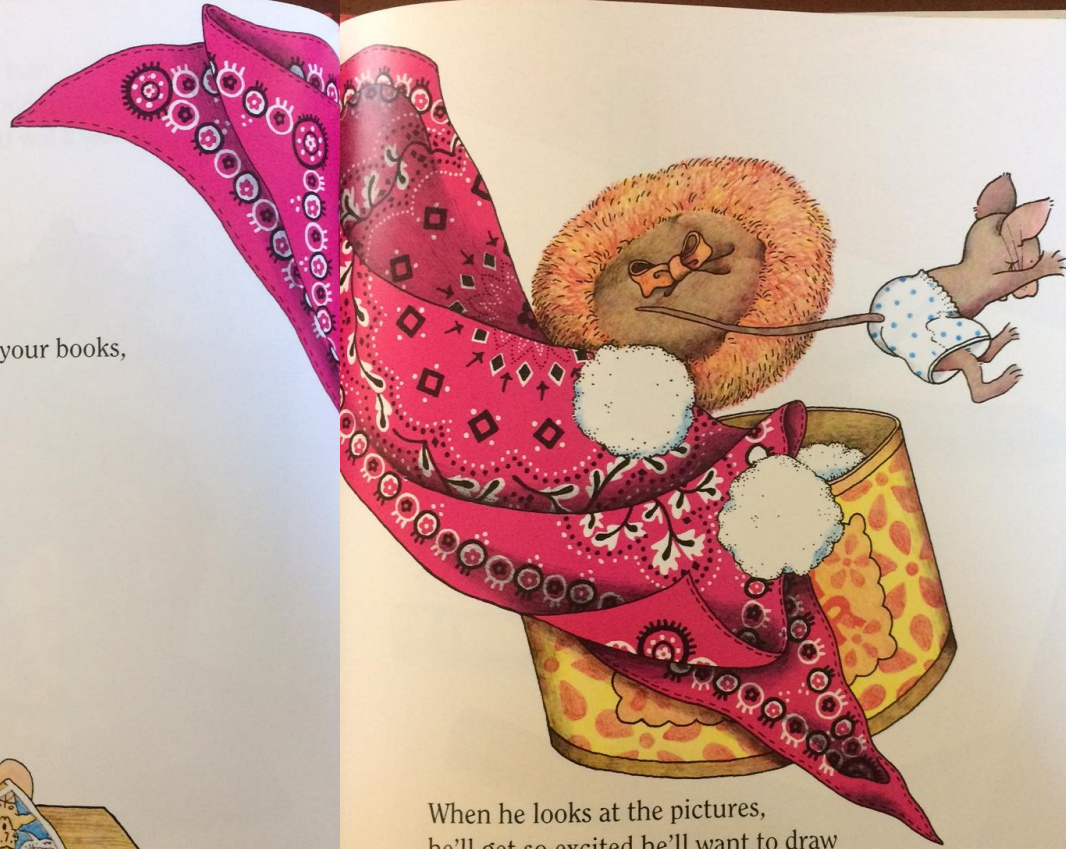


He'll crawl in,
make himself comfortable
and fluff the pillow a few times.



He'll probably ask you to read him a story.

So you'll read to him from one of your books,
and he'll ask to see the pictures.



When he looks at the pictures,
he'll get so excited he'll want to draw
one of his own. He'll ask for paper and crayons.

He'll draw a picture.



When the picture is finished,



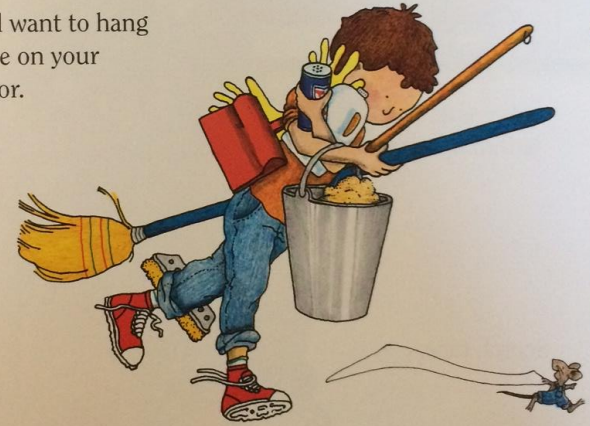
he'll want to sign his name



with a pen.



Then he'll want to hang his picture on your refrigerator.



Which means he'll need

Scotch tape.



He'll hang up his drawing
and stand back to look at it.



Looking at the refrigerator
will remind him that





he's thirsty.

So...



he'll ask for a glass of milk.



And chances are if he asks for
a glass of milk,



he's going to want a cookie to go with it.



Foundations

- Your life belongs to God.

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Psalm 24:1, “The earth is the Lord’s, and everything in it, the world, and all who live in it...”

Foundations

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Galatians 2:20, “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”

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- Your life is meant to be about loving God and others.

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Westminster Shorter Catechism, “Man’s chief end is to glorify God and enjoy Him forever.”

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Mark 12:29-31, “‘The most important one,’ answered Jesus, ‘is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second one is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.’”

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Proverbs 4:18-19, “The path of the righteous is like the morning sun, shining ever brighter till the full light of day. But the way of the wicked is like deep darkness; they do not know what makes them stumble.”

Foundations

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Proverbs 4:25-26, “Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet.”

Foundations

- Your life belongs to God.
- Your life is meant to be about loving God and others.
- This calls for intentionality.

Dr. Michael Brown, “You will not wake up one day having become someone you have not been becoming.”

Questions

- How does intentionality relate to being empowered by the Holy Spirit?

Isaiah 58:9-12, “... *if* you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed... *then* your light will rise in the darkness... You will be like a well-watered garden...” (italics mine)

Questions

- How does intentionality relate to being empowered by the Holy Spirit?

Isaiah 58:13-14, “*If* you keep your feet from breaking the Sabbath and from doing as you please on my holy day... *then* you will find your joy in the Lord, and I will cause you to ride in triumph...” (italics mine)

Questions

- How does intentionality relate to being empowered by the Holy Spirit?

Philippians 2:12-13, “Therefore, my dear friends, as you have always obeyed – not only in my presence, but now much more in my absence – continue to *work out* your salvation with fear and trembling, for it is *God who works* in you to will and to act in order to fulfill his good purpose.” (italics mine)

Questions

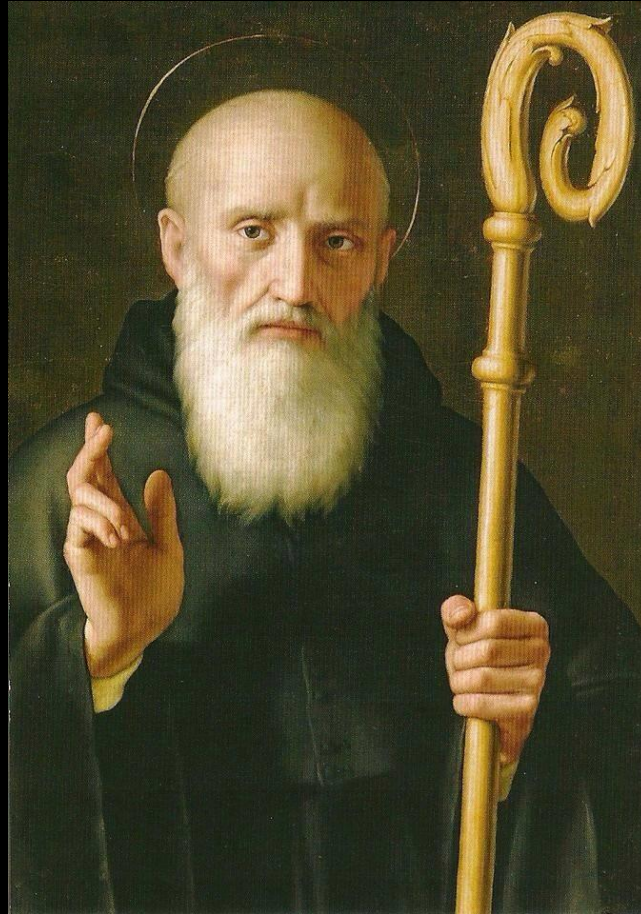
- How does intentionality relate to being empowered by the Holy Spirit?
- What if I'm not a planner?

How to draft a rule of life

How to draft a rule of life

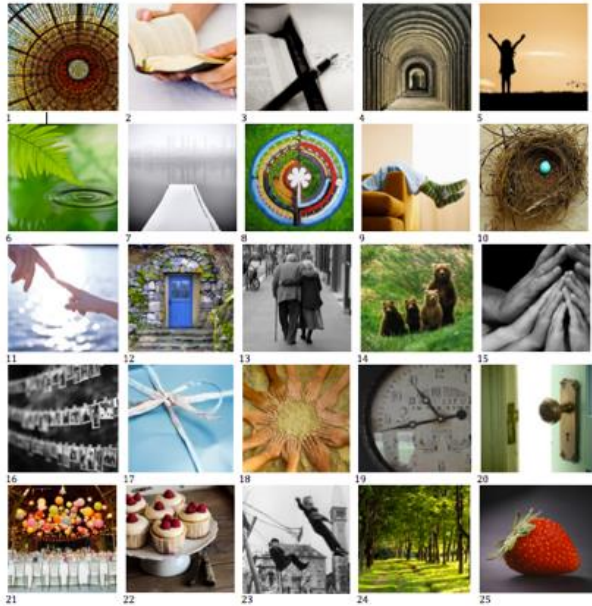


How to draft a rule of life



How to draft a rule of life

- Identify the end goal. (one sentence, one word)
- Experiment with some categories.
- Identify practices.
- Talk to someone.
- Review your rule.
- If it feels burdensome, then stop!
- Play with the format.

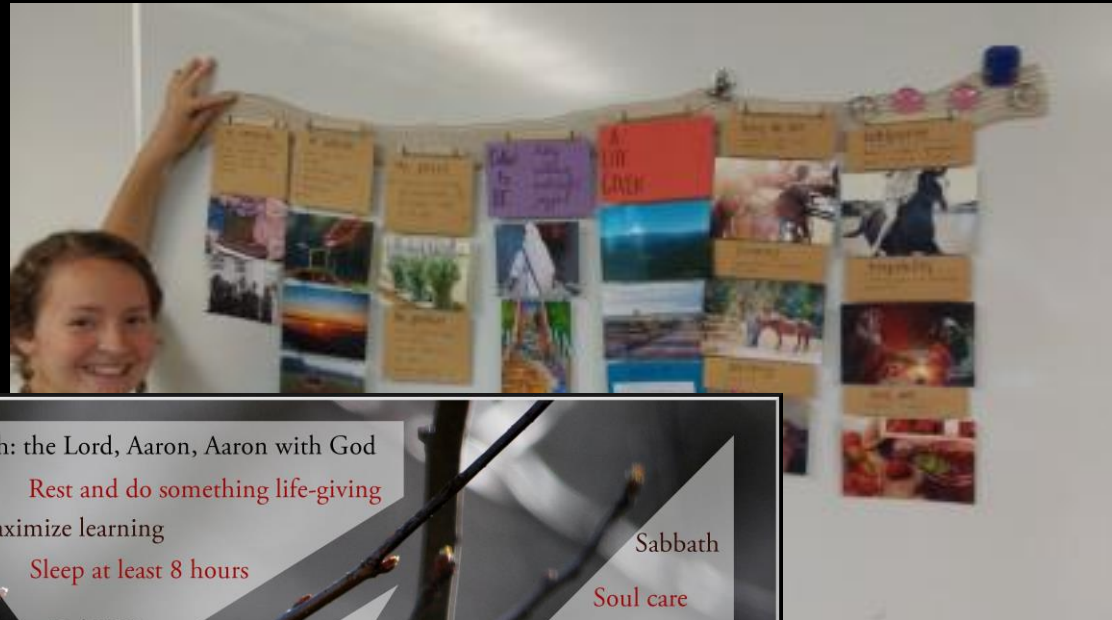


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|------------------------|-------------------------|-----------------|
| 1. Rule of Life | 10. Gratitude | 19. Time |
| 2. The Word and Prayer | 11. Relationships | 20. Hospitality |
| 3. Journaling | 12. Spiritual Community | 21. Celebration |
| 4. Contemplation | 13. Marriage | 22. Creating |
| 5. Worship | 14. Mothering | 23. Play |
| 6. Silence | 15. Family Unity | 24. Nature |
| 7. Confession | 16. Memory Keeping | 25. Self-Care |
| 8. Retreat | 17. Generosity | |
| 9. Sabbath | 18. Kindness | |





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Time with: the Lord, Aaron, Aaron with God

Rest and do something life-giving

Maximize learning

Sleep at least 8 hours

DAILY

Walks

Show hospitality

OFTEN

Listen to a book of the Bible

Fast from snacks

MONTHLY

Silent retreat

ANNUALLY

Long run with Aaron

Sabbath

Soul care

Date night

Host one meal

Exercise

WEEKLY

Read to grow

Lead Sunday school

Skype

to pour out a life rich in Jesus

Isaiah

Missions

Give money

SEASONALLY

Pray for guidance

Evaluate: budget, relationships