



Is Intentionality a thing of the past?

The purpose of *Church on the App* is simply to create intentional space and time with your loved ones in order to slow down and reflect on this past year and anticipate what is to come in the upcoming year. This is a time for connection and conversation between you and your spouse, kids, friends and family. We encourage you to make *Church on the App* an experience, a day of reflection but also a day of intention.

For many of us, our daily lives are often ruled by an overwhelming calendar and a never-ending task list. As people often say “the days are long but the years are short” when you look back on the past year are you able to see the intentional time you carved out for God, for your family, or for yourself?

“If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them.” James 4:17 (NIV)

Intentionality has become a luxury and not a necessity, an afterthought and not a forethought. We wear our “busyness” as a badge of honor and treat our “yesses” as a trophy, taking on more than we can handle and saying yes to all the things but not properly prioritizing or making margin in our lives for the things our souls need. We make time for what we “think” is important but not necessarily what we need.

Our to do lists become the urgency and our focus on what should be the priority gets blurred. Is your to do list getting in the way of making intentional time for God, your family or yourself? Are you so overwhelmed with life that the idea of being generous is stressful because you just don’t have the mental space to give? Is your health taking a back seat to your kids schedules? Is the thought of disrupting their schedules to fit in your own an idea that just doesn’t seem possible? These are all ways that we are intentional about the wrong things and prioritize what society values instead of what God does.

Our prayer for you today is that you set aside intentional time and space to focus on all God has done for you this past year and how you can be more intentional in 2019.

Have a great day and we will see you next Sunday, January 6th, 2019 at 9AM and 11:00AM!

“The art of presence is hard but worth it...”

PLAN FOR THE DAY:

1. Go through the bible study.

Parents: Ask each of your kids to create a “favorite things” list. Go over the list of what is most important to them. Ask them why they chose certain things over others.

2. Watch- A Special Message from Pastor Brandon

3. Choose a couple items from our “Things to Do & Places to Go” list and spend quality time together. Or create your own adventure! Share your day with us by tagging Rise City Church and using the hashtag #churchontheapp

Watch - A SPECIAL MESSAGE FROM PASTOR BRANDON

READ: James 5:12 and Psalm 139: 13-16

James 5:12 (CSB)

Above all, my brothers and sisters, do not swear; either by heaven or by earth or with any other oath. But let your “yes” mean “yes,” and your “no” mean “no,” so that you won’t fall under judgment.

Psalm 139:13-16 (MSG)

Oh yes, you shaped me first inside, then out; you formed me in my mother’s womb. I thank you, High God—you’re breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation! You know me inside and out, you know every bone in my body; you know exactly how I was made, bit by bit, how I was sculpted from nothing into something. Like an open book, you watched me grow from conception to birth; all the stages of my life were spread out before you, The days of my life all prepared before I’d even lived one day.

How incredible is that! How cool is it to know that from DAY ONE, God had our backs, From DAY ONE He had a plan for us, from DAY ONE we were created with intent and purpose. How incredibly amazing is that?

God intentionally created us inside and out, we were fearfully and wonderfully made by the hand of God. If God was intentional with us from day one and inside and out, why are we not intentional when it comes to making margin in our lives for what is important?

***Parents:** Talk to your children about how they were purposely made by God. Their life was not an accident. Let them know that you believe God has a good plan for them and their future.*

QUESTIONS TO CONSIDER:

1. Take a look at your to do list. What does your list consist of?
2. Where can you make adjustments to your priority list to have more margin in your days for intentional time for God, yourself and others? What are you currently putting at the top of your priority list?

***Parents:** Ask your kids if there is anything on their list that is awesome but not as important as time with God, family and friends.*

3. Re-Read James 5:12 What "promises" can you make for 2019? Set a few intentions for the upcoming year, knowing to only say "yes" when you mean yes, and "no" when you mean no. What can you say no to in the upcoming year?

***Parents:** Ask your kids what is one thing they want to start doing in the new year and what is one thing they want to stop in the new year?*

* Additional verses to study: Proverbs 21:5; Romans 8:28; Ephesians 6: 13-15; Philippians 3:13

REFLECTION

What has happened this past year? (Good, Bad or Other)

In what ways do you want to see God move in your life in 2019?

In what areas of your life do you hope to see God help you grow? In what areas do you want to start saying no to?

QUESTION: Can you look back on 2018 and see where God was making a way for you to walk a path of intention?

WORSHIP – “Here’s My Heart” by Lauren Daigle. Go to iTunes or [Spotify.com](https://www.spotify.com) to download. Listen to the lyrics and reflect in worship as you give God your heart and thank Him for the truth he continues to speak into you through His word.

“Here’s my heart Lord, Here’s my heart Lord, Here’s my heart Lord, Speak what is true...I am found, I am Yours, I am loved, I’m made pure, I have life, I can breathe, I am healed, I am free”

Or, if you are unable to download, find a song on your own playlist that fills you with peace, connects you with God and allows you to praise Him. Thank God for all He has done for you, what He is currently doing and what He will do for you.

PRAYER

Take a moment to talk to God. Be honest with God and thank Him for continually showing up in 2018 and for lighting the way as you walk into 2019. Take some time to worship God today. Sing his praises in the car, write down specific prayers for friends and family and for the future or take time to dive into a new bible study or inspirational book.

CLOSING

It wouldn’t be an official Rise City Church service without a closing benediction – a closing prayer and sending challenge. So, read this closing prayer and challenge together as you finish your time.

May we Wake Up, Rise, & Shine...

1. May we... Wake up to Jesus... The one who revealed God to us, who created us with purpose and intention.

2. May we... Rise to Life in Him... The giver of life, the giver of truth and the one who can make all things new this next year.

3. And may we... Shine to Others... May we make the intentional time this year to grow deeper in our relationships with one another.

Spending quality time with those you care about is another act of worship - it's giving thanks to God for those in your life by intentionally investing in one another.

Below is a list of things to do and places to go in San Diego! Spend the day with your family exploring our city or snuggle up and watch a movie! Create your own adventure and take the time to invest in your love ones and in the God who fearfully and wonderfully made them.

THINGS TO DO & PLACES TO GO:

- Share a meal together- cook it together or head out and try a new restaurant!
 - Play your favorite board game together
 - Create a [scavenger hunt](#) and go on a walk together to find items that God made
 - Snuggle up and read a book together
 - Movie night!!! (Popcorn with M&Ms is a MUST!)
 - Bake [THE BEST CHOCOLATE CHIP COOKIES](#) ever and share them with friends
 - Make cards for your neighbors and add a cookie or two ☺
 - Hike and explore Mission Trails or Cowles Mountain
 - Check out the new Walker Preserve between Santee and Lakeside- dog friendly!
 - Visit [Santee Lakes](#). Ride bikes, fish, rent paddleboards and/or pack a picnic!
 - Walk Old Town and eat some authentic Mexican food (Café Coyote is a staff fave)
 - Go to your favorite [Farmers Market](#) (over 40 markets throughout San Diego!)
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