Intentional

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Making Space for What Matters Most

Jonah Lusk

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Also by Jonah Lusk

Make Good Tables: Work. Family. Rest. And why God cares about more than just Sunday.

Covered In Dust: Rediscovering what it means to follow Jesus.

3 Miles An Hour: How to let your pace be determined by His Spirit.

Abide: Trading a life of striving for the peace of abiding.

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A Note from the Author

To live is the rarest thing in the world. Most people exist, that is all.

Oscar Wilde

Exhausted

Washing dishes.

Just a normal part of the day.

Cook. Clean. Load the dishwasher. It's a regular rhythm for our family. The only issue is, I'm irritated.

Not irritated at doing the dishes.

Just irritated at all the things buzzing in my head that I also need to get done.

Laundry. Bath time. Still haven't fixed that cabinet that's leaning in our kitchen. Oh, I need to look over my sermon for Sunday. And I forgot, I never texted that person back.

As the saying goes: *so much to do, so little time.*

Does this resonate with you at all?

Overcommitted. Busy. Not enough time. And dealing with a low-level of frustration that you don't seem to have any time to accomplish it all. Or, to make matters worse, you don't have the time for what truly matters to you.

I want to play with my son, but the laundry's piling up.

I want to work on my next book, but the grass needs cutting.

I want to call a family member, but there are a few more emails to send.

And because of all that needs to be done, I'm exhausted.

For most of us, this is an issue we all deal with.

And the question we all have is: *How do I fix it?*

How do I spend time with friends, while also having time to cut the grass?

How do I attend every family gathering, while also having a day of rest with my spouse and children?

How do I fix the kitchen cabinet that's leaning, when my son's asking me to put a puzzle together?

How do I fill my life with what matters, when there's so many other things to do?

I'll be honest. There is an answer.

But the answer isn't easy.

In order for us to live a life full of what truly matters to us, we have to be intentional.

Merriam-Webster defines intentional as "done by intention or design."

When you look at your life, do you feel that it is lived by design or by default?

Do you choose what you fill your schedule with?

Or, is your schedule dictated by the demands and agendas and plans of others?

Do you have time for the most valuable things in your life? Or, are you overwhelmed with all of the other things in your life?

The answer to that question is the perfect starting place on the journey to living an intentional life.

Because life is beautiful.

Yes, there are things to do and places to be. But there's a beauty to all of it.

And because Scripture tells us that our life is a "breath," it would be wise of us to learn how to live our lives intentionally.

Because, if we're not careful, we will spend our days irritated at all that needs to be done, when there are only a few things that truly ***need*** to be done.

If we're not intentional with our lives, we will live irritated and exhausted. Always frustrated that there's so much to do. Always wondering how to get it all done.

For me, if I don't choose to live intentionally, I can focus on the next sermon, the kitchen cabinet that's leaning, and the laundry that needs to be done, all while my son tugs at my hip to play.

And none of those things are bad.

But at times in our lives, there are things that just don't align with our deepest values.

To put it practically: at this time in our lives, a load of laundry a day is enough. Not because there isn't more to be done, but because we have a deeper value of time together in the evenings.

To live intentionally as a family, we had to limit and eliminate some other things from our days.

All of this is something we are currently working on as a family. It's not something we've mastered. But it is something we are working on.

There are four key practices we'll discuss in this book.

These practices are ways we can begin to live a full, meaningful, intentional life.

Not a life marked by frustration and anxiety.

But a life marked by peace and intentionality.

Because life is beautiful.

And life is worth living intentionally.