



JANUARY 2022

LIFEHOUSE  
WOMEN'S MINISTRY

# monthly devotional

to encourage you in your walk with Jesus

**Written by Stephanie Foote**

The beginning of a new year often brings with it health and exercise goals, words of the year to live by, or maybe even new aspirations. Every year I am one of those people, trying to find the perfect word or create a health goal that is incredibly lofty. Then two weeks later I am filled with shame because I have not lived by the word or stuck to the unrealistic goal I set for myself. I stumble, because I am human, then immediately feel shame, guilt, and bad feelings towards myself. Has that ever happened to you? I don't want to do that once again this year. I would like to create a new path, one that lifts me up, shows me grace, and allows growth.

I hope to do that by setting intentions for myself rather than goals. Intentions seem softer than hard set goals that need to be met in a certain amount of time. The idea of intention has been on my heart the past few months. Intention, by definition, is a plan or an aim. Everyone's intentions are going to look differently because God has created us all with unique gifts and personalities. We have to be focused and self-reflecting to create intentions that lead to an intentional life. We can't have intentions without leaning in and listening to God. He alone will open your mind and heart to what intentions you need to pursue in your life.

**Commit to the Lord whatever you do, and he will establish your plans.  
Proverbs 16:3**

Take time to reflect and pray to God that He will make known where your intentions should lie. What should your focus or aim be for the year? How will you live a life with intention? As this new year begins, my hope for you is that you will lean forward, on the edge of your seat, to hear what God is saying to you! That you will live a life of intention! May your days be filled with grace and growth!