

Intentional Living Study

At the Intentional Living Center our passion is to equip and inspire people to live an intentional life in Christ. Our ministry's guiding scripture is found in Ephesians 5:10 (MSG) where it says "Figure out what will please Christ, and then do it."

We have produced this inspiring video along with this free Q/A worksheet to help you lead stimulating discussion within your Sunday school class, small group, or in a one-on-one mentoring environment.

This specific study sheet and video is perfect for girls and women that are struggling with the true definition of beauty. We pray that Cristina's story helps you and those you're leading get started down the path of living an intentional life in Christ.

Getting Started as a Leader/Mentor:

1. Before you show the video to your group, first watch Cristina's video in its entirety.
2. Read all of the questions and scripture found below, and begin to formulate your plan for how you will guide your group discussion.
3. Pray and ask the Lord to provide you with clarity as you prepare to lead your group.
4. Play the video to your group, and follow with group discussion.
5. Encourage your group to dig deeper into the subject of living an intentional life in Christ by pointing them to the free resources found at TheIntentionalLife.com/ONETHING

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- Would you give up something important to you, like a career or dream, if it jeopardized your integrity or your faith? (Philippians 3:8; Mark 8:36-37)
 - What is God's definition of beauty? (Proverbs 31:30)
 - What is the world's definition of beauty? (Ecclesiastes 2:10; 1 Timothy 6:17-19)
 - Should you care about outer beauty, or is inner beauty the only thing you should be concerned with? Is there a balance between inner and outer beauty? (1 Peter 3:3-4; 1 Corinthians 3:9)
 - Have you ever experienced a time when you had to let go of trying to control someone or something and simply allow God to take over the situation? (Psalm 20:7-8; 40:12-13; Romans 7:18-25; 8:1)
 - Who in your life keeps you on track and accountable in your walk with the Lord? (Galatians 5:16; Titus 2:3-5)
 - How do you deal with the onslaught of beauty and image that the world throws at you from every direction? (Billboards, Television, magazines, etc.) (Hebrews 12:2; Proverbs 4:25-26)
 - Was there ever a time when you felt you were a slave to something in your life? Did you feel it had a hold on you and you had no control? (Ps 32:1-5; 18:4-6)
 - Have you ever been convicted in your heart by the Holy Spirit about the way you present yourself, whether it's your attitude, how you dress or do your makeup? (John 16:8-11; Galatians 5:17-24)
 - What do you think about Cristina's decision to leave a thriving modeling career?

To get free resources that will equip you to live an intentional life in Christ, visit us online at TheIntentionalLife.com/ONETHING