



First Mt. Olive Freewill Baptist Church

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Focus: _____

Scripture: Isaiah 61:1-7

Date: Sunday, January 22, 2023



- _____ - the fact of being deliberate or purposive.
- the quality of mental states (e.g., thoughts, beliefs, desires, hopes) that consists in their being directed toward some object or state of affairs

This year, '2023', is the year we will focus on building a better version of ourselves. The world around us has changed and is still evolving every day. It is our responsibility to make the necessary adjustments in our lives. These changes are not just for the purpose of being competitive with others. These changes primarily are to ensure that we are reaching our highest and best selves.

The goal of life should be to compete with last year's version of yourself. We can do so by asking this fundamental question: How can I intentionally improve the quality of my life?

PLEASE TAKE NOTE: Defeat is often the result of trying to take on too much in one season. Select one or two areas and then measure the area of success and/or needed improvements.

Let your lapel pin reflect your mental state of being consistent in the area(s) of your choice.

The 2023 lapel pin has an anchor as its backdrop. The anchor stands for stability, steadfastness and strength. An anchor is normally lowered deliberately. Someone must make the decision that this is the place/area where the anchor is lowered.

It is my prayer that you will hear the Lord Jesus Christ telling you where to lower your anchor.

Listed below are some areas you may consider as the springboard into your area or areas of intentional focal points for this year.

Brief Explanations of Areas of Intentionality:

1. _____ - learning how to cultivate your Christian life by the Disciplines of the FAITH: scripture reading and study, prayer, fasting, meditation, etc. ...

2. _____ - Everyone has been endowed with abilities, and these abilities are for the purpose of assisting in the building of God's Kingdom on earth and bringing about a sense of personal fulfillment.

3. _____ - The body is the most complicated machine that has ever been designed. To properly take care of it requires training and regular checkups. Physical Health Care is attending to the body's needs through preventative measures and post-care.

4. _____ - The mind is the strongest muscle in the human body. The injuries to the mind oftentimes go untreated and, therefore, long-term and long-lasting effects play out in our lives because of the lack of care.

5. _____ - Many have not been taught the real meaning of money and its use. Therefore, financial strongholds have gripped and crippled families. Financial literacy focuses on creating a budget, understanding how credit works, savings and investing, e.g. stocks and bonds, etc.

6. _____ - How do I distinguish good debt from bad debt? Credit Card control and cold hard cash management are required for Debt Elimination.

7. _____ - How do I build wealth? Is building wealth just cash piling? Wealth Building is the process of generating long-term income through multiple sources.

8. _____ - How do I take care of myself in light of all of my daily responsibilities? When is the lack of personal care detrimental to my well-being and my relationships? Personal care is a personal investment. It should not be just services (e.g. massages, spa treatments, visiting the hair and nail salons/barber shop) that are provided for you but self-administered services.

9. _____ - The family unit is the core of a civilized society. How do I live with a dysfunctional family and identify the family traits in me? Family Enrichment is about learning to partner, lead, and be led in an atmosphere that is healthy.

10. _____ - It has been proven that the brain never stops learning. People make decisions to stop learning. How do I re-engage

my mind to desire to learn again? Learning is a lifelong endeavor for those who will participate formally and/or informally.

11. _____ - Working does not have to be hard. How do I manage my professional career so that it does not destroy who I am? Disciplining your skills so that they work for you and not against you is Business Management.

12. _____ - Is starting my own business my calling in life? Should I quit my full-time job to start my own business? Am I disciplined enough to be my own boss and lead others? Entrepreneurship is having a vision and executing a plan that brings fulfillment and meets a need.

13. Other: _____

Please select one or two areas from the list above that you will concentrate on as the focus of your “Intentionality”.

Next, use the QR code to complete a card. This will place you in a group. The purpose of the small group is:

- to notify you by email of sessions that are instructional.
- for a group text/chat (gathering).
- for individual support, if needed.

QR Code:



Declaration: “I Am Intentionally Being Empowered” in the following area(s):

1. _____
2. _____