



# Finding Your Purpose in Life

# Am I the only one searching for purpose?

More than half of Americans regularly wonder how to find meaning and purpose. Only around 25% feel like they've actually found their purpose. If you're looking for your purpose in life—you're not alone.

When you live without purpose, you may feel like you're just wandering through life. It may be hard to stay motivated when you don't see the meaning behind what you're doing. If you feel stuck, emotionally exhausted, unenthusiastic about work, or uncertain about your direction in life - then you may be living without knowing your purpose.

# Why is it important to find my purpose?

Living your purpose makes you feel alive!

It doesn't mean every single day will be perfect—that's not how life on this earth works. But when you know your purpose, you can live with a greater focus than the here and now.

Finding your purpose will help you feel fulfilled, accomplished, and encouraged—like you're living for something bigger than yourself!

# Do I have a purpose?

Yes, you do have a purpose!

The Bible says that God created you to do good works that He prepared in advance for you to do (Ephesians 2:10). God has given you skills, talents, and a direction for your life that will help you find fulfillment, purpose, and meaning.

He has a calling and purpose for your life that He established before the world began (1 Timothy 1:9). There are different aspects of your purpose, and discerning them can bring you joy and peace.

# Do I have a purpose?

Humans were created to be in unbroken relationship with God! If you aren't in a relationship with God, then the first step to living in your purpose is to accept His free gift of salvation!

God created you for a purpose, and He wants to work with you to create a life focused on that purpose. He loves you so much that He sent His Son to die for you and rise again, to forgive your sins and offer you eternal salvation (not just purpose in this life, but purpose in the next life too)!

# How can I be in a relationship with God?

His salvation is completely free. All you have to do is believe in Him and accept His free gift to you. You can do this today by praying a prayer like this (take these words and make them your own):

*God, I know that I have sinned. I know that I have done wrong, and my sins have separated me from a perfect relationship with you. But I believe that you loved me so much that you sent Jesus to die for me, so that I could be in a relationship with you. I am sorry for my sins, and I ask you to help me live the way you want me to. I am choosing today to follow you. Please send your Holy Spirit into my life and help me live for you, following Your will and living in Your purpose for me! Amen.*

# How can I be in a relationship with God?

If you prayed that prayer and meant it, you are now a follower of Jesus!

Reach out to a pastor or church leader so that they can celebrate with you and help you find your next steps to live in God's purpose for you!

Another big part of your purpose is telling others about God. That's something you were created to do! Once you've accepted Jesus, talk to a pastor or church leader and learn how to share your faith with others.



If you don't know your purpose,  
try the following exercises to find it.

# 1

## Spend time journaling

Journal your answers to questions like these:

- If I could solve one big problem in the world, which would I choose?
- When is the last time I felt fully alive, filled with joy, and lost in the moment?
- If I could choose any job, what would I choose? Why?
- When do I feel most fulfilled?
- When do I feel most like myself?

Take note of any common themes in your answers. These answers can help point you to your purpose!

## Take a spiritual gifts test

The Bible tells us that God has given each one of us gifts, and He wants us to use those gifts for the common good, to serve one another (1 Corinthians 12:7, Romans 12:6-8, 1 Peter 4:10).

Everyone may have a different gift or combination of gifts, but they are all given to us through God's Holy Spirit (1 Corinthians 12:4).

Many churches and ministries have developed spiritual gifts tests, based on the Bible, to help you identify your God-given gifts. Take one of these tests to identify the areas where you are gifted. Once you know your gifts, think of ways you can use your gifts to serve others.

# 3 Talk to God about your calling

God already prepared amazing works for you to do!

Talk to God about the calling He has placed on your life. This calling may include some big tasks (like a job field, or ministry) and small tasks (like a place He leads you to visit, or a person He leads you to be friends with).

Spend time praying about your purpose and ask God to lead you. Read the Bible, which is His word to you. Connect with a church, which will have resources to help you learn more about prayer and studying the Bible. God will lead you to the things He's calling you to do.

# Think about your direction

Your purpose isn't just a one-day or one-moment thing. Your purpose may change throughout your life.

Consider questions like these:

- Who do I want to be at the end of this year?
- Who do I want to be in 5 years? 10 years?
- What do I hope people remember about me?

Once you've thought (and prayed) about the future, consider practical steps you can take to move in that direction. Schedule those practical action steps on your calendar, so you don't forget.

## 5 Seek input from others

We were not meant to do this life alone. Other people in our lives can often see pieces of our purpose more clearly than we can.

Think of a few trustworthy people in your life who care about you, encourage you, and know you well. Ask them what skills and gifts they see in you. Ask them where they notice you coming alive, what you talk excitedly about, what they think you are passionate about. Allow other people to speak into your search for your purpose, and consider the insight they share.