



## "CHOOSING PURPOSE OVER AIMLESSNESS"

EPHESIANS 5:15-17

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**Introduction:** One study has revealed that only three percent of Americans have clearly defined goals for their lives. Yet the Bible repeatedly admonishes us to live our lives with a clear purpose. A life purpose is like a beacon that provides direction for every area of our life. Today we are going to explore how to discover your unique purpose in life.

### I. **Discovering Your Purpose**

**A Purpose Statement** answers the question, "Why do I **exist**?"

#### A. **Your General vs. Your Specific Purpose**

#### B. **Two Keys for Discovering Your Specific Purpose**

Philippians 2:13 "For it is God who is at work within you, giving you the will and the power to achieve His purpose." (J.B. Phillips)

#### 1. **Identify your passion**

- What needs inspire you?
- What makes you angry?
- What causes you to lie awake some nights?
- What needs do I see in the world that concern me?
- If I could meet any need in the world, what need would I meet?
- What are the most urgent needs in my country, my community, my work, my school, and my church?
- What age group or type of people naturally interests me?
- What are the major needs among my neighbors, my friends, and my family?

Bobb Biehl, Masterplanning Group International



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## 2. Identify your gifts and abilities

- What abilities do you have that other people seem to notice and appreciate?
- Suppose you were asked to give a "How To" seminar in your church or civic group on any topic you chose. What topic would you feel most comfortable addressing?
- Outside of recreational pursuits, list five accomplishments that have given you the most satisfaction. What aspect of these experiences did you enjoy?
- Is there a common denominator that you find in all or most of the above experiences? What is it?
- Hopefully, these questions have helped you identify one area in which you are both interested and gifted. In a word, what is that area?

**My purpose in life is to:** \_\_\_\_\_

Philippians 2:13 "For it is God who is at work within you, giving you the will and the power to achieve His purpose." (J.B. Phillips)

John 4:34 "Jesus said to them, 'My food [purpose] is to do the will of Him who sent Me, and to accomplish His work.'"

Matthew 20:28 "Just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."

## II. Defining Your Objectives

**Definition of objectives:** Objectives are simple statements expressing our desires for **specific areas** of our lives.

### Evaluate the Seven Major Areas of Your Life

1. Spiritual	1	2	3	4	5	6	7	8	9	10
2. Physical	1	2	3	4	5	6	7	8	9	10
3. Family	1	2	3	4	5	6	7	8	9	10
4. Vocational	1	2	3	4	5	6	7	8	9	10
5. Personal Growth	1	2	3	4	5	6	7	8	9	10
6. Social	1	2	3	4	5	6	7	8	9	10
7. Financial	1	2	3	4	5	6	7	8	9	10



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**A purpose statement** completes the sentence, "My reason for living is to\_\_\_\_\_."

**An objective statement** completes the sentence, "I want to\_\_\_\_\_" or "I want to continue to\_\_\_\_\_" for each of the seven major areas of life.

## Examples of Objectives for the Seven Major Areas of Your Life

1. Spiritual: "I want to be a better witness for Christ."
2. Physical: "I want to live a long life."
3. Family: "I want to spend more quality time with my family."
4. Vocational: "I want to continue to progress in my career."
5. Personal Growth: "I want to read more widely."
6. Social: "I want to develop new friendships and keep in contact with significant friends from my past."
7. Financial: "I want to have enough money to meet the needs of my family."

### III. Formulating Specific Goals

**Definition of a goal:** A goal is a desired **accomplishment** that is easily measured by **time** and **performance**.

### Three Questions to Answer When Formulating Goals

1. What do I want to **happen**? (accomplishment)
2. How will I **know** it happened? (measurement) (Note: sometimes the measurement is a part of the accomplishment, i.e., "to lose five pounds")
3. **When** do I want this to happen? (starting date, or completion date)



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## Examples of Goals for the Seven Major Areas of Your Life

1. I want to read a chapter of the Bible every day, beginning today. (Spiritual)
2. I want to exercise at least twenty minutes a day, beginning tomorrow. (Physical)
3. I want to take my wife out to dinner twice a month, beginning March 1. (Family)
4. I want my business to grow 10% by the end of the year. (Vocational)
5. I want to read a book every month, beginning Feb. 1. (Personal Growth)
6. I want to call a friend each Saturday, beginning this week. (Social)
7. I want to save \$3,000 by Dec. 31. (Financial)

Ephesians 5:15-17 “Live life, then, with a due sense of responsibility, not as men who do not know the meaning and purpose of life, but as those who do. Make the best use of your time, despite all the evils of these days. Don’t be vague, but grasp firmly what you know to be the will of the Lord.” (J.B. Phillips)

Conclusion