



# the core

the **central truths** of the faith

## Ephesians 2.10

Life is meant to have purpose and meaning. Apart from purpose and meaning we simply drift through life, without mooring or foundation. Purpose and meaning are what define us, what guide us, what shape who we are and what we become. If purpose and meaning are so important, why are they so hard to discover? Why is it that when I think I have discovered them, that what I have identified seems so contrary to the expectations and roles others place upon me? For something that is supposedly so foundational to life, this whole purpose and meaning thing sure can be hard.

Maybe it isn't as hard as we are making it. I think what ties me up most in my search is when I begin thinking that purpose and meaning are something I have to generate or figure out. When purpose and meaning are that great something "out there" that I have to discover, I find myself most frustrated and bewildered. However, when purpose and meaning are something that I already possess, something that is woven into the very fabric of my being, I find that I am most at peace. When I understand purpose and meaning to be that which God draws out of me as He restores my life, then I find that I am the most rooted and grounded. I might go so far as to say that when purpose and meaning are less about me and more about God, what He is doing, what He has always been doing then it stops being so hard. I begin to discover the very thing that defines me, guides me, and shapes who I am and what I am becoming. I begin to discover purpose and meaning.

A fellow traveler,

Blake  
Spiritual Formation Pastor

## My Next Step

We encourage you to consider doing the following as a way of handing off faith to your family. . .

- **Speak purpose:** Each person is a precious creation of God. As such, each person in our family has a purpose in God's great universe. This week consider speaking this truth to each member of your family, allowing this truth to soak into their heart. This is perhaps most easily done with children. Constant words that affirm the worth and value of young children are a wonderful foundation. For older children, teenagers, and adults verbal and physical affirmation of value apart from achievement and performance are especially important. Seek to speak your words of affirmation at least five times each day. You might even consider creating a time this week that you set aside to do nothing other than affirm the worth and value of each individual member of your family. In speaking these words, we remind one another of the truth that God has created each of us as a person of great worth and that He has purposes for us that transcend what we do or what we achieve.

We encourage you to consider taking the following next step on your faith journey. . .

- **Remind yourself that you have purpose:** You are a unique creation of God, a special person with a God-given purpose in God's great universe. We spend much of our lives searching for this purpose, when actually, God's purpose is wrapped up in the person He created us to be, the person He is re-creating us to be. The process of discovering God's purpose for our lives begins with understanding that God actually does have a purpose for us that is not external to us, but something inherent in the person He made us to be. This week consider taking time each day to remind yourself that you do have a God-given purpose. Each time you look in a mirror this week, look yourself directly in the eye and say, "I am a unique creation of God, a special person with a God-given purpose in God's great universe." Seek to look yourself directly in the eye and allow yourself to hear the words you speak as God's own words to you.