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Purpose

God has a plan for you that will delight your heart and fill you with hope.

Created with a Purpose

All of us at some point have probably asked the question, “What am I doing with my life?” We’ve all felt lost at times, wondering if we’re headed in the right direction. This is especially true when we’re just starting out as adults in our late teens and early twenties. Asking questions like this and others is a normal part of life. Where we can get into trouble is when we look outside of God for the answers.

Read

8 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast. 10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 2:8-10

“Our high and privileged calling is to do the will of God in the power of God for the glory of God.”

-J.J. Packer

We were made for a purpose God has for us. (Eph 2:10) When we aren’t following God in what he has for us we aren’t being our true selves. There is a sense of wholeness when we do what God has designed us to do.

Jesus’ Easy Yoke

“I believe Christians often perceive obedience to God as some test designed just to see if we’re really committed to Him. But what if it’s designed as God’s way of giving us what’s best for us?”

-Craig Groeschel

For years research has linked a strong sense of purpose to positive mental health. However, research has also found that trying to find your purpose or live your purpose increases anxiety and fear. How do those to fit together?

I believe Jesus has the answer for us in Matthew 11:28-30. “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (MSG)

Jesus has invited us to live in his easy yoke, to follow Jesus’ teachings and lifestyle. In choosing His easy yoke we find a purpose that is peaceful, powerful, and exhilarating. Trust Jesus to lead you to your purpose.

Putting it in action

Try Journaling: Ask God the question: “What is keeping me from taking on your easy yoke?” Write down what God reveals to you. Ask God: “What are your desires for me?” “What are my desires?” “Which of my desires needs to change?” This probably won’t be an overnight change. Allow God to reveal his plan to you over time. Often God is changing us in the process in order for us to step into those purposes.

Try this today: “Jesus, how can I walk in your easy yoke today?”

Discussion Questions

Do you have a sense of what God’s purpose is in this season?

What is the last thing God asked you to obey?

What can you do this week to seek His will for you?

Go Deeper - Resources to develop a hope in heaven

Books

[Your Best Life in Jesus' Easy Yoke](#)

Read and Meditate on

[Matthew 11:25-30](#)

[Romans 8:28](#)