



2021 SPRING WORKSHOP



Live On Purpose

Exploring the three keys to being intentional in everything we say, do, or think so that we may fulfill our divine purpose.

"You can make many plans, but the Lord's purpose will prevail."

Proverbs 19:21 NLT

3 Keys to Living on Purpose



Know Your Purpose



Operate in Your Purpose



Maintain Your Commitment
to Your Purpose

Activity #1 – Self-Discovery & Your Purpose

It is said the first step is the hardest and honest self-reflection is no exception – knowing who you are in Christ and what your gifts, talents and passions are. As you begin this exercise, start with a sincere prayer for guidance as you endeavor to operate in your purpose.

Step 1: On the left side spend a good five minutes writing off the top of your head those things that you do that bring you joy (i.e., making someone laugh, working in the garden, a good conversation, a smile on a stranger’s face, helping your children with homework).

Step 2: On the right side of the paper those things that you do well. Not your occupation, but specific skills such as organizing an event, leading a group, typing 95 wpm, teaching others with clarity and conciseness, speaking a foreign language, writing poetry or using your hands to build or create.

Step 3: Review the lists and see if you can find joys on the left that are related to skills on the right. Circle or highlight them and meditate on it. You should experience either a revelation or confirmation leading you to a better understanding of where your purpose and passions lie.

what brings me joy

what I do well



Activity #2 – 7 Levels Deep

7 Levels Deep will help you discover your WHY and anchor you into the core reason for why you want to do what you want to do - your specific, heart-centered life purpose and sincerest mission. This 5-10 minute exercise will guide you to the heart of your commitment to live a purposeful life. On the days when it is hard to take the next step on your journey, knowing your WHY will help you swing your legs out of your comfy bed every day and continue to live on purpose.

Step 1: Write the answer to the first question in the space provided. If working in pairs, write and speak your answer aloud.

Step 2-7: For the following questions, write the answer of the previous question in the space provided.

Why is discovering (or fulfilling) your purpose important to you?

Why is _____
important to you?

RESOURCES

Books

Called to Create by Jordan Raynor
Baker Books, 2017

Embracing Uncomfortable by Deborah E. Gorton
Northfield Publishing, 2020

Just Do Something by Kevin DeYoung
Moody Publishers, 2009

Multimedia

Podcast - "Beyond the Vision" with Shirkydra
Roberts

YouTube - 7 Levels Deep with Dean Graziosi
<https://youtu.be/Sv882g7UVQE>



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