

WHAT AM I DOING HERE?

A 7-Day Christian Reflection Guide

Finding Your Way One Step at a Time

A Free Companion Resource from Micah 6:8 Ministries

Main Scripture: Psalm 119:105–112

Focal Scripture: Psalm 119:105



BEFORE YOU BEGIN

“What am I doing here?”

It is a question that can mean different things at different stages of life.

Where do I fit?

What am I supposed to do with my life?

Where can I serve?

What comes after retirement?

Is it too late to begin again?

Has my season changed?

Do I have anything meaningful to contribute?

And sometimes the question becomes much heavier: Why am I still here?

This seven-day guide is an invitation to spend time with God without demanding that you have your entire life figured out by the end of the week.

Psalms 119:105 says: **“Thy word is a lamp unto my feet, and a light unto my path.”**

A lamp does not necessarily illuminate the entire road. It gives enough light to see where you are standing and perhaps where to place your foot next.

Over these seven days, you will be invited to read Scripture, reflect honestly, pray, and take one practical step. You are not trying to discover one grand assignment that will justify your existence.

You do not have to earn your place in this world. Your life has value before you accomplish anything, lead anything, fix anything, or serve anybody.

This week is simply an opportunity to listen, notice, explore, rest, and follow the light you have.

DAY 1: I DON'T NEED THE WHOLE MAP

Read Psalm 119:105–112

Read the entire passage slowly. Then return to verse 105: **“Thy word is a lamp unto my feet, and a light unto my path.”**

Additional Scripture for Reflection

Proverbs 3:5–6
Psalm 25:4–5
Isaiah 30:21

Proverbs 16:9
Psalm 32:8

Reflect

We often want God to give us a map. We want to know where we are going, how we will get there, what will happen along the way, and whether everything will work out.

Psalm 119 gives us a different image. A lamp. Perhaps you do not need an answer for the next ten years. Maybe you need direction for today. Think about the area of your life where you most want certainty right now.

Reflection Questions

1. Where in my life am I demanding a complete answer before I am willing to move?
2. What am I afraid might happen if I do not know what comes next?
3. What has God already made clear to me?
4. Is there a decision I do not need to make yet?
5. What would it look like to trust God with what I cannot see?

Pray

God, I confess that sometimes I want the whole map. I want answers before I move and certainty before I trust. Help me recognize the light You have already given me. Give me wisdom for today and patience for what has not yet been revealed. Teach me to walk faithfully without needing to see the entire road. In Jesus' name, Amen.

Take One Step

Write down one question about your future that has been weighing on you. Underneath it write: **“I do not have to answer this today.”** Then identify one thing you *can* faithfully do today.

DAY 2: MY SEASON CAN CHANGE

Read Ecclesiastes 3:1

“To every thing there is a season, and a time to every purpose under the heaven.”

Additional Scripture for Reflection

Isaiah 43:18–19

Philippians 3:13–14

Psalms 92:12–14

2 Corinthians 4:16

Lamentations 3:22–23

Reflect

Your place at one stage of life does not have to remain your place forever. A career ends. Children grow up. Relationships change. A ministry changes. Health changes. Priorities change. New interests emerge. An opportunity that once brought joy may no longer fit. Sometimes we interpret change as failure when it may simply mean that we have entered another season.

You are allowed to grow. You are allowed to learn. You are allowed to release something. You are allowed to discover something new. And you are allowed to rest.

Reflection Questions

1. What season of life am I in right now?
2. Am I trying to hold onto an assignment that belonged to an earlier season?
3. Is there something I feel guilty about no longer being able or willing to do?
4. What wisdom or experience do I have now that I did not have ten years ago?
5. What might become possible if I stopped trying to recreate an earlier season?

Pray

God, thank You for being present in every season of my life. Give me wisdom to recognize when something has changed. Help me release what I need to release without believing that my usefulness or worth has ended. Show me what this season can teach me, and give me courage to receive whatever is new. In Jesus' name, Amen.

Take One Step

Finish this sentence:

“In this season of my life, I have permission to _____.” Keep your answer somewhere you will see it this week.

DAY 3: WHAT IS ALREADY IN MY HANDS?

Read Exodus 4:2

“And the LORD said unto him, What is that in thine hand?”

Additional Scripture for Reflection

Romans 12:4–8

1 Peter 4:10

1 Corinthians 12:4–7

Micah 6:8

Galatians 6:10

Reflect

Sometimes we search for something extraordinary while overlooking what is already part of our lives. Your experiences matter. Your knowledge matters. Your interests matter. Your compassion matters. The things you have learned through difficulty may matter. Even something that feels ordinary to you may be valuable in the right situation.

But remember: **having gifts does not mean you are required to use every gift all the time.** Your gifts are possibilities, not measurements of your worth.

Reflection Questions

1. What have life and experience taught me?
2. What do people frequently ask me for help with?
3. What issues consistently stir my concern or compassion?
4. What do I enjoy doing even when nobody recognizes me for it?
5. Is there a gift I need permission to rest from using right now?

Pray

God, help me see myself clearly. Keep me from comparing what I have with what You have given somebody else. Show me the abilities, experiences, interests, and compassion already present in my life. Give me wisdom to know when to use them and freedom to know when to rest. In Jesus' name, Amen.

Take One Step

Make four short lists:

I CAN... I KNOW... I CARE ABOUT... I HAVE EXPERIENCED... Do not evaluate the answers yet. Just notice what is there.

DAY 4: MY PLACE IS BIGGER THAN A POSITION

Read Colossians 3:23–24

Additional Scripture for Reflection

Matthew 25:35–40

James 2:14–17

Hebrews 13:1–3, 16

Proverbs 31:8–9

Isaiah 1:17

Luke 10:30–37

Reflect

Ministry is bigger than what happens inside a sanctuary. You do not need a church title before your life can reflect your faith.

Christian service can happen at work, at school, at home, in a hospital room, at a community meeting, in a voting booth, at a food pantry, beside someone who is grieving, or during a conversation with somebody who simply needs to be heard. Instead of asking only, “**Where can I serve in church?**” consider asking: “**Where can I live my faith?**”

Reflection Questions

1. Have I limited my understanding of ministry to church activities?
2. Where do I already encounter people who may need compassion, justice, encouragement, advocacy, or practical assistance?
3. What problem in my community repeatedly catches my attention?
4. Where might my faith and everyday life already intersect?
5. Is there something I am doing now that I have never considered ministry?

Pray

God, broaden my understanding of service. Help me see opportunities to live my faith wherever I am. Give me compassion without making me believe I must solve every problem. Give me courage to respond when something truly belongs to me and wisdom to recognize when it does not. In Jesus’ name, Amen.

Take One Step

Choose **one** small act of faithful living today. Listen to someone. Encourage someone. Learn about an issue. Check on someone. Help where you can. Speak up about something that is wrong. Then release yourself from the pressure to do everything.

DAY 5: I DON'T HAVE TO BE SOMEBODY ELSE

Read 1 Corinthians 12:14–20

Additional Scripture for Reflection

Psalms 139:13–14

Romans 12:3–6

Galatians 6:4–5

1 Samuel 16:7

Ephesians 2:10

Reflect

Comparison can make us overlook what is already present in our own lives. Someone else sings.

Someone else preaches. Someone else leads. Someone else seems successful. Someone else appears to know exactly what they are doing. And suddenly their life becomes the measuring stick for ours. But you were never required to become a copy of somebody else. Their path is theirs. Yours is yours.

Reflection Questions

1. Whose life am I tempted to compare with mine?
2. What does comparison make me believe about myself?
3. Am I judging my whole life against the part of someone else's life that I can see?
4. What becomes possible when I stop trying to follow somebody else's path?
5. What do I appreciate about the person I am becoming?

Pray

God, free me from comparison. Help me celebrate the gifts of others without diminishing my own life. Teach me to recognize the path before me rather than constantly watching somebody else's. Help me become more fully the person You created me to be. In Jesus' name, Amen.

Take One Step

Take a break today from one source of unhealthy comparison. Then write down **three things you appreciate about your own journey**. They do not have to be accomplishments.

DAY 6: WHEN THE PATH FEELS DARK

Read Psalm 42:5

“Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God...”

Additional Scripture for Reflection

Psalm 34:17–18

Psalm 40:1–3

Psalm 46:1

Psalm 88

1 Kings 19:1–8

Isaiah 41:10

Romans 8:38–39

Reflect

If you have experienced depression, thoughts of suicide, self-harm, overwhelming grief, or emotional pain, your struggle is not evidence that you have failed spiritually.

And you do not have to turn your suffering into somebody else's blessing before your life has value. You do not have to prove why you deserve another tomorrow. There are times when the faithful next step is not serving somebody else. It is allowing somebody to help **you**.

Scripture itself contains people crying, questioning, grieving, lamenting, becoming exhausted, and asking God where He is. Faith does not require pretending that darkness is light.

Reflection Questions

You do not need to answer every question today.

1. What am I carrying that I have been afraid to say aloud?
2. Who knows how I am *really* doing?

Pray

God, meet me where I am, not where I think I am supposed to be. When I cannot see far ahead, help me remain connected to people who care and people who know how to help. Give me courage to speak when I am hurting and grace to receive care without shame. Hold me through the moments when I cannot hold everything together myself. In Jesus' name, Amen.

Take One Step

Create a simple **Support List** before you need it.

Write down:

Someone I can call: _____

Someone who will listen without judging: _____

A professional/resource I can contact: _____

A place where I feel safe: _____

Something that helps me stay connected to the present: _____

If you are struggling now, do not wait until you have completed this guide to reach out for help.

DAY 7: HOW WILL I LIVE WHILE I AM HERE?

Read Psalm 119:105–112 again. Read the same passage you read on Day 1. Notice whether anything sounds different after this week.

Additional Scripture for Reflection

Micah 6:8
Matthew 22:37–39
Galatians 6:9–10
Philippians 1:6

Romans 12:9–18
Ecclesiastes 3:11–13
Psalm 90:12

Reflect

Maybe there is not one grand answer to the question, **“What am I doing here?”** Your answer may change through the years. You can live faithfully. You can love generously. You can serve when and where you are able. You can receive love when you are the one who needs it. You can grow. You can rest. You can change. You can discover. You can have seasons when you give to others and seasons when you need others to give to you.

None of those seasons makes your life more or less valuable. Maybe finding your place in this world begins with understanding that **you do not have to earn one.** You are already here. Your life already has value. So perhaps the question is not only: **“What am I doing here?”** Perhaps another question is: **“How will I live while I am here?”** You do not have to answer that question for the rest of your life today.

Begin with the light you have now.

Reflection Questions

1. What have I learned about myself during these seven days?
2. What question am I still carrying?
3. What have I discovered that I need to release?
4. Where might I need support rather than another assignment?
5. What is one next step I am willing to take?

Pray

God, thank You for walking with me through every season of my life. Thank You for the light You have given and for Your presence when the road remains unclear. Help me live faithfully without believing I must have everything figured out. Give me courage to grow, permission to rest, humility to receive help, and wisdom for whatever comes next. May I walk in the light You give me today and trust You with what I cannot yet see. In Jesus' name, Amen.

Take One Step

Return to the three words from the message:

LOOK. ASK. STEP.

LOOK: What is present in my life right now?

ASK: What needs my attention in this season?

STEP: What is one healthy, faithful step I can take?

Write your step here:

My next step is:

WHEN YOU NEED MORE THAN A REFLECTION GUIDE

Prayer, Scripture, Christian community, and pastoral care can be meaningful sources of support. They do not have to replace professional mental health care.

Sometimes the next faithful step is telling someone, **“I need help.”**

If thoughts of suicide, self-harm, severe emotional distress, or another mental health concern are part of what you are experiencing, please reach beyond this guide and connect with qualified support.

988 Suicide & Crisis Lifeline

If you are in emotional distress or experiencing a suicidal crisis in the United States, **call or text 988** or use the online chat. The 988 Lifeline provides free, confidential, judgment-free crisis support 24 hours a day.

Resource: 988 Suicide & Crisis Lifeline

NAMI HelpLine

The NAMI HelpLine is a free, confidential nationwide service that provides one-on-one emotional support, mental health information and resources needed to tackle tough challenges that you, your family or friends are facing. The NAMI HelpLine is not a crisis line.

Resource: NAMI HelpLine

FindTreatment.gov

This confidential and anonymous service from the Substance Abuse and Mental Health Services Administration can help you search for mental health and substance-use treatment facilities in the United States and its territories.

Resource: FindTreatment.gov

SAMHSA Find Help & Support

SAMHSA provides information about treatment, support services, crisis resources, and options for finding mental health and substance-use care.

Resource: SAMHSA Find Help & Support

Faith and professional care do not have to compete with each other. Asking for help can be part of taking care of the life you have been given.

KEEP THESE SCRIPTURES CLOSE

When you need **direction:**

Psalm 119:105; Psalm 25:4–5; Proverbs 3:5–6; Isaiah 30:21

When you are entering **a new season:**

Ecclesiastes 3:1; Isaiah 43:18–19; Lamentations 3:22–23

When you question **what you have to offer:**

Romans 12:4–8; 1 Corinthians 12:4–7; 1 Peter 4:10

When you are struggling with **comparison:**

Psalm 139:13–14; Galatians 6:4–5; 1 Corinthians 12:14–20

When you need **courage:**

Joshua 1:9; Isaiah 41:10; Psalm 27:1; 2 Timothy 1:7

When you feel **weary:**

Isaiah 40:28–31; Psalm 23; Matthew 11:28–30; Galatians 6:9

When you feel **alone or overwhelmed:**

Psalm 34:17–18; Psalm 42; Psalm 46:1; Psalm 88; Romans 8:38–39

When you need permission to **rest:**

Psalm 23:1–3; Mark 6:31; Exodus 33:14

When you wonder **how to live faithfully:**

Micah 6:8; Matthew 22:37–39; Romans 12:9–18; James 1:22–27

A FINAL WORD

You may finish these seven days with greater clarity. You may also finish with some of the same questions. That is okay. Psalm 119:105 never promised that the entire road would become visible.

There may still be turns you cannot anticipate, questions you cannot answer, and seasons you cannot yet imagine.

You do not need the whole map. You do not have to earn your place. You do not have to prove your value. **Look for the light you have today.** And when tomorrow comes, look again.

Micah 6:8 Ministries

Act • Love • Walk

For additional ministry resources and worship opportunities, visit **Micah68Ministries.org**.

This reflection guide is intended for spiritual reflection and education. It is not a substitute for mental health assessment, diagnosis, treatment, or emergency care.