

## “6 Tips for Finding Purpose in Your Life”

By Jim Burns, Ph.D.

There’s an old expression – “If you don’t know where you’re going, then *any* road will take you there. Have you ever felt that way, like your life is without any sense of purpose or direction? Well, if you *have*, you’re not alone. In recent years, more and more people have embarked on a journey to discover their purpose in life to see if the road they’re traveling will ultimately lead them to their desired destination.

Katie Brazelton is an author and speaker whose a good friend of our ministry (in fact, her son, Andy, used to be a part of the **Homeword** team!) She knows how it feels to wake up one day and realize that your life is filled with all sorts of good *things* except one – a true, God-given sense of *purpose*. Katie recently wrote a book about her journey from emptiness to purposefulness. The book is called, *Pathway to Purpose for Women* and in it, she outlines six principles that really are key for finding purpose in your everyday life.

**1. Step toward the pathway.** I know that might sound pretty basic, but the most important step toward finding purpose in your life is the *first one*. I’ve heard it said that, “The definition of *insanity* is ‘doing the same thing over and over and over again but expecting a *different* result each time.’” If you’re looking for purpose, start your journey.

**2. Never walk alone.** I know of a financial planner who has done quite well offering investment strategies for his customers. Would you be surprised to learn that he doesn’t handle his own investments? “Too risky,” he says. “I’d become too emotionally attached to them. I need my *own* financial planner to hold me accountable so that I’ll be a good steward with those investments.” The same holds true with your journey to discovering the purpose for your life. A close friend who can offer objective counsel will help keep you on that pathway to purpose – especially when *you* feel like changing course.

**3. Follow in Jesus’ footsteps.** The Lord is our salvation and shepherd and He’s also the example we’re to follow. Jesus always stayed “on task.” His focus was clear --- in the vernacular of the day, He always “knew what He was about.” We’d be wise to follow His lead in our own pursuit along the pathway to purpose.

**4. Go the extra mile.** Get used to the idea that your pathway to purpose is invariably going to turn out to be longer than you’d originally thought. If it seems like you’re not succeeding in your quest to find purpose in your life, keep walking! Don’t quit! Stay the course! Ultimately you’ll claim the prize.

**5. Run to Jesus.** He cares for you. He knows how you feel. He wants you to realize your dream of finding purpose and He’ll be waiting for you at the end of your quest. So run to him along your journey and use His presence as your incentive to keep pressing on.

**6. Point others to the Pathway.** When you've discovered a great new restaurant, it's likely you tell your friends and family all about it. The same is true when you find a great vacation spot or a new movie. It's hard to contain your excitement in the presence of those you care about. So, if you're on the pathway to purpose for your own life, I'm sure you know someone else who'd like to know about your discovery!

God created you for a reason. He gifted you with certain abilities and talents. He wants you to share them with others. All you have to do is discover your destiny – and then show up for it each day. The rest is up to Him!

*(Based on the book, Pathway to Purpose for Women by Katie Brazelton.)*

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