

EXERCISE

Made for Meaning

A LIFE OF PURPOSE

Before we can receive purpose, we often need to pause and name where we're actually looking for it. This exercise helps you surface the deeper question beneath the surface of your everyday life.

Part 1 — Personal Reflection

Find a quiet place. Take 5–10 minutes to sit with these questions and write honestly. There are no right answers—just true ones.

Where do you most look for meaning right now? (Consider: your job, achievements, relationships, appearance, approval, parenting, status in your community or church)

When does work—or life in general—feel heavy, anxious, or empty?

Where do you feel the ache of “What was I made for?” most often?

Part 2 — Scripture Meditation

Read Genesis 1:26–27 slowly, two times.

*Then God said, “Let us make man in our image, after our likeness.” So God created man in his own image, in the image of God he created him; male and female he created them.
Genesis 1:26–27 (ESV)*

What does it stir in you to know that God's image is the foundation of your identity—before your career, your accomplishments, or your reputation?

Part 3 — Group Sharing

Share with your group using this prompt: “The place I feel the most tension around purpose or meaning right now is...”

After sharing, pray together: Ask God to replace striving with receiving—to open your eyes to the meaning he has already built into who you are.