



WEEK 3

POWERED BY PURPOSE

HAPPY START

Vacations are great, but we can't stay on them forever. More importantly, we shouldn't stay on vacation forever. The endless stay at a resort or early retirement in our 20s might sound nice, but in the end, it won't lead to a life of true happiness. It'll inevitably lead to boredom and frustration.

A true happy place is where we can live with purpose. Each of us came into this world with a unique destiny to fulfill, a call God has placed on our lives for us to do. While that type of life sounds good, finding our purpose can feel elusive. Most of us live with a nagging sense that we are missing what we're supposed to be doing.

A life is a terrible thing to waste. But to seize the limited time we have, we need clarity and courage to live into what God has called us to do.

- 🕒 What is the best vacation you've ever taken? What made it great?
- 🕒 Have you ever dreamed about moving some place exotic in order to live in a happy place year-round? Or do you know someone who's done it? How well do you think that would actually go?
- 🕒 Did you learn anything from the Spiritual Life Assessment (pages 24-25)? What next step do you feel called to take in order to go deeper?

HAPPY NOTES



Watch this week's video now. Use the space below to take notes. (Or doodle—whatever works best for you!)

HAPPY FACT



Having meaning and purpose in life strongly correlates to overall satisfaction and happiness. Research shows purposeful people...



AGE BETTER

Recent research suggests having a purpose in life helps people maintain their function, physical mobility, and independence longer.³



ARE HEALTHIER

According to research, having a high sense of purpose might lower your risk of heart disease and stroke.⁵



LIVE LONGER

There's a link between having a sense of meaning and a longer lifespan.⁴



ENJOY WORK MORE

People who find meaning at work show more motivation and engagement on the job.⁶

3. <http://time.com/4903166/purpose-in-life-aging/>

4. <https://www.forbes.com/sites/amymorin/2014/11/13/knowing-your-purpose-in-life-could-help-you-live-longer-study-says/#273b09cb3515>

5. <https://www.sciencedaily.com/releases/2015/03/150306132538.htm>

6. <https://my.happify.com/hd/science-of-happiness-infographic/>

HAPPY CHAT



READ JEREMIAH 1:4-8.

- 😊 What can we learn about Jeremiah's unique destiny from this passage?
- 😊 In what way did Jeremiah see his limitations instead of his potential? Do you think you focus more on your limitations or your potential? Why do you think it's so easy to think more about our weaknesses instead of our strengths?
- 😊 On a scale of 1-10, how much clarity do you have in what God has called you to do (with one meaning you have no idea whatsoever and ten meaning a very clear idea)?

READ EPHESIANS 2:8-10.

- 😊 Do you believe God uniquely created you to do good in a specific way in this world? When did you discover your specific strengths and gifts?
- 😊 Share a time where you were in your "zone"—where you were doing something immensely satisfying (big or small)? Why was it so fulfilling to you?
- 😊 Go around the room and share what gifts and strengths you see in each person. How could you see that person using what God has given them?

READ MATTHEW 16:25.

- 😊 How does Jesus tell us to find life? Have you found what He says to be true from your life experiences?
- 😊 How active are you right now with using your gifts, talents, and abilities to serve others?
- 😊 Jeff said sometimes we don't live into our calling because of a lack of clarity, confidence, concentration, or courage. Do you find you are lacking in one of those areas?
- 😊 One way we can serve others is joining a team at Chase Oaks. Who is on a team? Why did you join? If you aren't on a team, which ones have you thought about?

Close by praying for clarity, confidence, concentration, and courage. Also, encourage each other to do the Happy Step (found on the next page) and the daily devotions.

HAPPY STEP



THINK OF A TIME...

You are uniquely gifted by God to serve His purposes in the world. Our giftedness is not just what we can do but what we were born to do. So, think of two stories (big or small) where you were doing something immensely satisfying or fulfilling. It should be a story about an activity—something you did that required effort and action on your part. Write out the circumstances, what you specifically did, and why it was so satisfying to you.

STORY #1

STORY #2



THINK ABOUT IT...

When trying to figure out our purpose and how we can serve, it's helpful to think of our GPS (gifts, passions, and story). We thought through some stories. Now think about how you see gifts and passions pop up in your two stories.

GIFTS, SKILLS, ABILITIES, AND TALENTS

As you look over the two stories, what are some of the spiritual gifts (given to us by God, described in **1 Corinthians 12**, **Romans 12**, and **Ephesians 4**), skills, and abilities you used? Check all that apply.

- | | | |
|---|--|---|
| <input type="checkbox"/> Accounting | <input type="checkbox"/> Encouragement | <input type="checkbox"/> Media/Technology |
| <input type="checkbox"/> Administration | <input type="checkbox"/> Evaluating | <input type="checkbox"/> Performing |
| <input type="checkbox"/> Arts | <input type="checkbox"/> Evangelism | <input type="checkbox"/> Prophesying |
| <input type="checkbox"/> Coaching | <input type="checkbox"/> Exhortation | <input type="checkbox"/> Recruiting |
| <input type="checkbox"/> Compassion/Mercy | <input type="checkbox"/> Giving | <input type="checkbox"/> Speaking |
| <input type="checkbox"/> Construction | <input type="checkbox"/> Healing | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Counseling | <input type="checkbox"/> Hospitality | <input type="checkbox"/> Tongues |
| <input type="checkbox"/> Decorating | <input type="checkbox"/> Leading | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Discernment | <input type="checkbox"/> Marketing | <input type="checkbox"/> Writing |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

PASSIONS

God has given each of us a unique heartbeat for certain activities, causes, or people groups. Do you see any of your passions appear in the stories you shared? Check all that apply (either from your stories or any other area you're particularly passionate about).

- | | | |
|---|---|--|
| <input type="checkbox"/> Addiction/Recovery | <input type="checkbox"/> Local Partnerships | <input type="checkbox"/> Sex Trafficking/Abuse |
| <input type="checkbox"/> Business Leadership | <input type="checkbox"/> Marriages | <input type="checkbox"/> Single Parents |
| <input type="checkbox"/> Caring for the Sick | <input type="checkbox"/> Men's Ministry | <input type="checkbox"/> Students |
| <input type="checkbox"/> Children | <input type="checkbox"/> Parenting | <input type="checkbox"/> The Poor |
| <input type="checkbox"/> Discipleship | <input type="checkbox"/> Racism/Racial Inequality | <input type="checkbox"/> Women's Ministry |
| <input type="checkbox"/> Government | <input type="checkbox"/> Sanctity of Life | <input type="checkbox"/> World Missions |
| <input type="checkbox"/> Leadership Development | <input type="checkbox"/> Science/Technology | <input type="checkbox"/> Young Adults |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

DO SOMETHING WITH IT...

How can you use your GPS (gifts, passions, and story) to serve others?

HAPPY DAYS



DAY 1

READ PSALM 139:13

For you created my inmost being; you knit me together in my mother's womb.

REFLECT

You are not an accident. God knit you together with precision and purpose!

DAY 2

READ 2 CORINTHIANS 5:17

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

REFLECT

If you have trusted in Jesus, you have been made new!

DAY 3

READ EPHESIANS 2:10

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

REFLECT

Do you see yourself as God's masterpiece today? He's working in you to work through you.

DAY 4

READ MARK 8:35

For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.

REFLECT

How is God calling you today to give up your preferences and comfort for the sake of others and the Gospel?

DAY 5

READ PROVERBS 19:21

Many are the plans in a person's heart, but it is the LORD's purpose that prevails.

REFLECT

Ask God to let His purposes prevail in your life today.

REFLECTIONS:
