

trueform fitness

# identity study



part four

# • purposed •

“Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” (Matthew 18:20)



Have you ever stopped to think about what your purpose in life is? What were you created for? When you hear the word “purpose” what comes to mind? Do you feel anxiety creeping in? Do you become overwhelmed by the idea of not having figured out what your “purpose” is? Do you recall certain nights where you prayed over and over for God to reveal His purpose for your life? The truest desire of humanity is to be loved and to have purpose, so it is natural for us to question the purpose for our life. The truth of the matter is that the Creator of the universe has a great purpose for your life. You did not simply happen but are “fearfully and wonderfully made” by God the Father who has great plans for you! (Psalm 139:14)

I can only imagine the feelings of lost hope and fear on the day that Jesus hung on a cross to bear the sins for all mankind. I can only imagine the disciples watching the Savior of the world crucified next to criminals. I can only imagine the disciples feeling lost and without purpose when the man they had followed for so long was suddenly gone. I can only imagine the feeling of darkness in the air as He took His last earthly breath.

There are times in our earthly life where we do not see the light at the end of the tunnel or the bigger picture or a simple glimpse of hope. The day that Jesus hung on a cross, I do not believe the disciples saw past what was right in front of them: the crucifixion of their King. There are many times in my life where I have called out to God out of confusion, pain, and fear and asked Him if this is what He has for my life. In most cases, our experiences with ‘purpose’ has been tied to our vocation, our work. Have you ever prayed for God to reveal your destined career? I have. Your work is important to God and He has purpose for our profession, but our profession is not tied to WHY we were created.

When Jesus reveals Himself to the disciples as the God who defeated death, He reveals His authority over our lives. He says, “All authority in heaven and on earth has been given to me (Matthew 28:18).”

Nikie Green

I pray you find rest in that. He continues with a command, “Therefore, Go” (Matthew 28:19). He has established His authority and has empowered us into action. As God’s children, we are under the authority of Him. It is with His authority that sends us and guides us into action or in other words, our purpose. The command or your ‘purpose’ is to make disciples and baptize them in the name of the Father, Son and the Holy Spirit. It gets better. Jesus, the Messiah, promises us that he will always be with us to the very end of times. No longer are you fulfilling this great purpose alone, but the one who sits at the right hand of God is working alongside you. His presence with you will bring protection, power, wisdom. This is your beginning.

In Proverbs 19:21 it writes, “Many are the plans in a person’s heart but it is the Lord’s purpose that prevails.” We were created to dream and it is in our nature desire a certain path for our future. Yes, it is true that there are many plans in our hearts, but include the guidance of the God who promises he will always be with you. He is working alongside you to fulfill this purpose. Further, I encourage you to be honest, embrace uncertainty, and walk in faith. If there is a desire you have for your life, write it down and tell God. Does that mean it will 100% happen? No, but it encourages you to surrender your plans for His. The more we share with God, the more your heart will align with the heart of the Father, who again, really, truly, does have great plans for you.

My prayer and hope for you is that you begin to find confidence in your purpose, knowing you are never alone because it is written in Scripture and proclaimed over your life. This is can be the beginning of you walking in your true purpose, testifying of all Jesus has done for you, sharing His love to a stranger or a friend, surrendering your plans for His.

Like the disciples, we may feel defeated and lose hope, but take heart and be patient because His plans are greater and the miracle of Sunday is waiting for you.

Nikie Green

reflection

# •• questions ••

#1

WHAT DOES THE WORLD TELL US THAT OUR PURPOSE SHOULD BE TIED TO? HAVE YOU EXPERIENCED YOUR PURPOSE TIED TO YOUR VOCATION, STATUS, OR FINANCIAL STABILITY?

#2

WHAT ARE SOME WAYS THAT YOU CAN SHIFT THE NARRATIVE OF YOUR PURPOSE TO REFLECT WHAT GOD SAYS ABOUT YOUR PURPOSE? WRITE A LIST THAT YOU CAN REFLECT BACK ON.

#3

WHAT ARE SOME EXAMPLES OF GOD'S PURPOSE FOR YOUR LIFE IN THE ORDINARY AFFAIRS OF YOUR DAILY LIFE? DO YOU SEE GOD'S PURPOSE IN THE EVERYDAY CHOICES YOU MAKE?



weekly  
● ● challenge ● ●

This week, we present you with two challenges. First, write a prayer in your journal about any fears, anxieties or stress you hold on to over your purpose. Pray for an active faith and a posture of patience and obedience. Invite God into your deepest desires and surrender them at

His feet for HIS deepest desire over your life. Ask your Heavenly Father to help any unbelief. Second, we challenge you to invite God into your daily decision making. You may not experience a clear yes or a clear no, but the invitation can be a part of the transformation.



