

LIFE SKILL OF THE WEEK: PURPOSE & DIRECTION

Written by Joe Keim and taught in a group setting

1. Opening Thought

- Purpose and direction mean **knowing why you are here and where you are going**.
- Life feels confusing when we drift. It becomes meaningful when we walk with purpose.

Explain: *"You were not created by accident. God has a purpose for your life."*

Purpose gives meaning to daily choices and direction gives focus to the future.

2. Scripture (KJV)

Jeremiah 29:11 – *"For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end."*

Explain: God has a plan and a future for our lives.

Proverbs 16:9 – *"A man's heart devises his way: but the Lord directs his steps."*

Explain: We make plans, but we must allow God to guide our path.

Psalms 37:23 – *"The steps of a good man are ordered by the Lord..."*

Explain: When we walk with God, He directs us one step at a time.

3. Discussion Questions

1. Why do people struggle to find purpose?
 2. What happens when someone lives without direction?
 3. How can knowing God help bring clarity in the direction of your life?
 4. What are some ways God might guide your life?
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4. Practical Examples

1. **Daily choices:** Making decisions that line up with God's Word.
2. **Goals:** Setting goals that honor God.
3. **Work:** Seeing your job as part of God's plan.
4. **Relationships:** Choosing people who help you grow.
5. **Spiritual life:** Seeking God in prayer and Scripture.

Explain: that purpose is not always one big calling. Often it is faithfulness in small steps.

5. Challenge for This Week

Finish this sentence on paper:

“This week I will seek God’s direction by _____.”

Examples:

1. “I will seek God’s direction by praying daily.”
2. “I will seek God’s direction by reading Scripture.”
3. “I will seek God’s direction by asking for godly counsel.”
4. “I will seek God’s direction by trusting God with my future.”
5. “I will seek God’s direction by taking the next right step.”

Explain: it must be something they can reflect on next week.

6. Closing Thought

Reminder: *“God does not always show the whole path at once. He asks us to trust Him one step at a time.”*