

PROMISE
Over
PURPOSE

Unveiling the Path to a Peace-Filled Life

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**PART I REFLECTION:
UNWRAPPING YOUR PURPOSE PARADOX**

PART I

UNWRAPPING YOUR PURPOSE PARADOX

Guideposts and Reflection

Often, we don't have a chance to explore our purpose questions. This space allows you to examine the previous chapters to help you replace your pursuit of purpose with walking daily in God's promises.

Chapter 1: Quest for Purpose

- 1) Now that we've studied the definition of purpose, what changed about your understanding or perception of asking, "What is my purpose?"

Chapter 2: The Anxiety of Purpose

2) In the “Actual Self” column, write down five traits that describe how you are. In the “Ideal Self” column, write down five traits describing the person you think you ought to be. (Example: Actual Self: *I'm impatient* Ideal Self: *I need more patience.*)

Actual Self

Ideal Self

- | | |
|----------|----------|
| 1. _____ | a) _____ |
| 2. _____ | b) _____ |
| 3. _____ | c) _____ |
| 4. _____ | d) _____ |
| 5. _____ | e) _____ |

3) How do those traits differ?

4) How do they affect your perception of your identity and purpose?

Chapter 3: God's Perfect Plan

5) What foundational promises keep you grounded when everything else disappears?

6) How can you focus on the promises of God instead of being fixed on your life's purpose?

Chapter 4: The Promises of God

The psalmist gives many examples of God's promises in the following passages.

- 38 - Fulfill your promise to your servant so that you may be feared.
- 41 - May your unfailing love come to me according to your promise.
- 50 - My comfort in my suffering is this: Your promise preserves my life.

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- 58 - I have sought your face with all my heart; be gracious according to your promise.
- 116 - Sustain me, according to your promise; do not let my hopes be dashed.
- 123 - My eyes fail, looking for your salvation and righteous promise.
- 140 - Your promises have been thoroughly tested, and your servant loves them.
- 154 - Defend my cause and redeem me; preserve my life according to your promise.
- 170 - May my supplication come before you; deliver me according to your promise.

7) Which of these promises have you incorporated into your daily life?

8) Which promise has never or rarely been considered in your life?

9) How can you shift your focus daily to see His promises more clearly?

Journal

To the one struggling today to make sense of your purpose, I offer this gift to you. This is a place to lay down your fears and anxiety and let the God of the universe, the One who fashioned you by unique design and called you by name, bring peace into your life. Use this space to lay down what you no longer wish to carry about your purpose.

A Prayer for You

Dear Lord,

Today, I offer my heart into Your sovereign hands. The heart that wants, with desperation, to know that I am living a life fully dedicated to Your purpose and plan. Please give me the clarity and wisdom to see when my pursuit of purpose pulls me away from You. Replace that pursuit with Your promises so I can commune with You each moment. Thank You for the abundance of blessings You have provided. Let me continue this journey, walking hand in hand with You.

Amen.

**PART II REFLECTION:
RELEASING THE IDOL OF PURPOSE**

PART II

RELEASING THE IDOL OF PURPOSE

Guideposts and Reflection

In our pursuit of purpose, we release the questions that plague our minds and hearts. We find a simple, eternal truth that allows us to find the peace of knowing we are forever held in the sovereign Savior's arms. We no longer need to ask, "What is my purpose?" because we have His promises.

God's promises sustain us. We replace our pursuit of purpose with the promises of God's truth.

- We cling to the promise of God's eternal love.
- We survive in the promise of Jesus's resurrection.
- We surrender to the promise of God's never-ending, too-big-to-hold forgiveness.
- We cling to the promise that God created us in His image.
- We cling to the promise that God will never leave us nor forsake us.
- We cling to the promise that despite what we see, God is always bigger.

Chapter 5: How do your perceptions of your identity influence how you consider purpose?

Chapter 6: What areas of your performance or accomplishments affect your understanding of purpose?

Chapter 7: How can you replace the pain of purpose with finding ways to help ease the suffering of others?

Chapter 8: What areas of your life can you surrender and start to find freedom to live in the daily promises of God?

Journal

Spend a few minutes reflecting on each area: *identity*, *performance*, *suffering*, and *freedom*, and write a few ways that you hope to lay down the pursuit of purpose and replace it with God's promises in your daily routine:

IDENTITY

PERFORMANCE

SUFFERING

FREEDOM

A Prayer for You

Dear Lord,

Today, I offer my heart into Your sovereign hands. The heart that wants, with desperation, to know that I am living a life fully dedicated to Your purpose and plan. I ask You, Lord, to give me the clarity and wisdom to see when my pursuit of purpose pulls me away from You. Please replace that pursuit with Your promises so I can see your heart in each moment. Thank You for the abundance of blessings You have provided. Let me continue this journey, walking hand in hand with You.

Amen.

**PART III REFLECTION:
PRACTICING PROMISE OVER PURPOSE**

PART III

PRACTICING PROMISE OVER PURPOSE

Guideposts and Reflection

To live each day in the promises of God, you must discover them in the mundane and everyday experiences. Explore various areas of life where promises can be lived out, such as relationships, work, community, and service.

God's promises are for you, friend. They are the foundation of all that we hold and do. They contain the answers to our deepest needs and desires. When we feel vulnerable and afraid to uncover our life's purpose, we can focus on the promises of God. Instead of asking, "What is my purpose?" we ask these questions:

- How can I take God's promises and allow them to refocus my daily perspectives?
- How can I live fully alive in Christ?

God's promises were made **for you**. They are eternal. Today, allow God's truth to help you shift your focus away from the pursuit of purpose and onto the everlasting promises of God.

The questions below can be used in your daily journal. Let's use the acronym B-E-S-T to remember it!

Action Steps:

- 1) **B—Be intentional:** Start your day by being intentional, cherishing the present, and focusing on your actions and choices.
- 2) **E—Embrace promises:** Seek out and embrace God’s promises in small, everyday moments.
- 3) **S—Surrender daily:** Make it a beautiful daily routine to surrender your life to God, acknowledging His loving guidance and unwavering authority.
- 4) **T—Thank Him:** Cultivate a heart overflowing with gratitude, truly appreciating the blessing and promises that God generously weaves into your life

Consider these questions to help you navigate the difficult spaces of your life:

- 1) What does your heart need today? Write down the few things that immediately come to mind.

2) Are there areas of your life where you don't believe God's love is sufficient to cover them? Past abuse, work, relationships, etc.?

3) Have you hidden "heart spaces" from God's love? If so, what are they?

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4) Why do you think these heart spaces are off-limits?

5) How can your perspective of God's promises change your perspective of your purpose?

Journal

Reflection: The Heart Knows - Reframing Your Perspective

Read Jeremiah 31:1–3 and consider how the promise of God's everlasting love applies to you today:

“At the time,” declares the Lord, “I will be the God of all the clans of Israel, and they shall be my people.” thus says the Lord, “the people who survived the sword found grace in the wilderness; when Israel sought for rest, the Lord appeared to him from far away. I have loved you with an everlasting love; therefore, I have continued my faithfulness to you.”

Prayer:

Dear Lord,

Here is my heart. I offer it to You. It is messy, worn, tattered, and bruised. It's been covered by life's moments, and I can't seem to hear it anymore. Please help me to see the promise of Your love today. Can You open a small window of my soul and show me the hidden treasures so I can replace the world's lies with Your love? When I struggle to lay down my control, please help me to see Your love as a promise I can trust. Please help me return my focus to You.

Amen.

