

“Discovering a life purpose...”

by Willemien Krüger © September 2011

When I was about 25 years old I attended a course called ‘Discovering your life purpose’. At that stage I didn’t even know that it is possible to have a purpose or calling let alone knowing what it is ! But it changed my whole life...the most important thing that I learned was that God loves me JUST AS I AM. I discovered that I was actually made just as I am for a certain purpose. This is often referred to as your calling, meaning invitation to live. Now to understand my appreciation of this all the better let me tell you a bit about myself. I am one of those people that most other people usually dislike easily – picture the followings words used for my type of personality : domineering, full of self-confidence, arrogant, decisive, angry and strict, having high standards and high expectations. Your typical person other people may admire but not have as a friend.

So although I was trying my best to “be a nice and friendly person” I was very unhappy with myself. And by that time I have already in a way forgotten how to be myself as I tried to adapt to other people’s expectations of a ‘good Christian’. To make it worse – every time I disappointed somebody I felt I disappointed God and that I must try and be a better person. Until I attended this course. In Jeremiah 29:11-13 there is the general promise of God “*I know the plans I have for you, says the Lord, plans to prosper you and not to harm you, plans to give you hope and a future*”. But this course showed me that God also has a specific good plan for me – unique for everyone. Because it is unique it is also only you that can do this. That was new to me....

I will try and summarize a few things in order to encourage you to ask the Lord what your life purpose is by going through the steps below :

Step 1 – Believe that you have a calling.

Understanding your **calling** will help you have focus, direction and purpose.

Rom 11:29 “God’s calling is irrevocable”

1 Cor 1 :26 “Consider **your own** call..”

Eph 4:1 “lead a life worthy of the calling to which **you** have been called”

2 Pet 1:10 “be eager to make sure **your** calling”

Step 2 – Ask God to reveal a unique name He has for you.

Knowing the **name** that God calls you with, is a promise with content, letting you understand your calling better. Isaiah 49:1 “the Lord called **me**, He has made mention of **my name**”

Step 3 – Ask God to reveal a unique picture He has for you.

Seeing a **picture** of how God sees us is another amazing way of knowing you calling. Isaiah 49:16 “I have indelibly imprinted (tattooed a **picture of**) **you** on the palm of each of My hands”

Now to be able to do what you are called to do, one needs to be prepared spiritually, mentally and physically. As beautifully stated in Prov 31:17 “She girds herself with strength [*spiritual, mental, and physical fitness for her God-given task*] and makes her arms strong and firm.”

Step 4 – Research and understand your unique top 3 God-given gifts.

Spiritually we have different **God-given gifts** - the special endowments of supernatural energy – given for “good and profit”. Romans 12 describes 7 different gifts and can be summarized as follows :

1. A **Prophet** can see – also that which lies ahead including dangers in situations. He/She is a picture person and give vision.
2. A **Teacher** gives facts and answers. He/She likes information and things must make sense.

3. A **Leader** is not afraid of new things or situations. He/She enjoys making plans and keeping to it.
4. A **Servant** invests in other people, often with practical support and help. He/She is a doing person.
5. A **person doing acts of mercy** is an emotions person, seeing to others' emotional needs. He/She is often soft and kind and enjoys supporting others in difficult times.
6. A **Giver's** passion is giving. He/She sees others' needs and how one can help. They give easily without any expectation in return.
7. An **Exhorter/Encourager** loves the truth. He/She easily sees faults, but would like to build up by seeing this. They easily distinguish between truth and lies.

Children usually operate naturally in their gifts. As one grows older it tends to be disguised as you have adapted to the world and trying to be someone else. Your gift is your passion burning inside you to be shared. If your gift is smothered and not exercised enough, you will experience frustration, irritation and depression. However if you are in a position or situation where the gift can be 'given' then you feel freedom and joy. Every person has either one or two or three most prominently. It is freeing to know that you do not have to exercise all the gifts yourself. I remember that I was so glad to understand that there are actually other people who really enjoy doing the stuff I don't enjoy doing. It is in the combination of variety and as it is practised in the body of Christ globally, that it works out for good and profit as intended.

Step 5 – Research and understand your unique intelligence type combination.

Mentally we have different **talents**, abilities or **intelligence types**. Talents are usually easy to recognise from a young age, if a child is allowed to explore, play and have the freedom to do what he/she likes. In the past few years a new buzzword has been developed to describe what is now called intelligence types – useful to also help you understand yourself better, in turn leading to understanding your calling better. Herewith a very short summary based on the work of Howard Gardner of the 7 intelligence types :

1. **Linguistic intelligence** is to have a sensitivity to spoken and written language, the ability to learn languages, and the capacity to use language to accomplish certain goals. This intelligence includes the ability to effectively use language to express oneself.
2. **Logical-Mathematical intelligence** consists of the capacity to analyze problems logically, carry out mathematical operations, and investigate issues scientifically. It entails the ability to detect patterns, reason deductively and think logically.
3. **Musical intelligence** means the natural tendency to recognize and compose musical pitches, tones, and rhythms. It is a cognitive ability that relies on the processing of information in a musical or auditory way.
4. **Kinaesthetic intelligence** entails the potential of using one's whole body or parts of the body to solve problems. It is the ability to use mental abilities to coordinate bodily movements.
5. **Spatial intelligence** is a talent for visualizing and mentally manipulating spaces that is integral to our navigational abilities. It is the ability to recognize objects and shapes, and see how they relate to one another.
6. **Interpersonal intelligence** is concerned with the capacity to understand the intentions, motivations and desires of other people. It allows people to work effectively with others. These people are good with people and thrive/learn in social interactions.
7. **Intrapersonal intelligence** is the capacity to understand oneself, to appreciate one's feelings, fears and motivations. The intrapersonal intelligence is controlled by levels of faith, hope and self-confidence and provides the enthusiasm and energy to achieve personal goals.

Step 6 – Take good care of your physical body.

Lastly it is important to realize that all of us need our **physical bodies** to be healthy, active and fit to be able to have the strength in executing our God-given task. We have different body types/builds with unique sleeping/eating/metabolism patterns. Note that even your body will therefore be designed for a purpose – your unique build will naturally enable you to live your calling. Again, not all of us are the same, and it is liberating to know that therefore it is again about discovering *your* unique biorhythm and lifestyle patterns. Some people are just naturally more active and energetic than others, do not compare and feel bad about it.

As there are lots of information available on healthy living, healthy eating, healthy exercising etc., this article will not deal with this in detail. The best advice I have received in understanding healthy living is this : Drink lots of healthy water, eat healthy food in their original state as much as often, sleep/rest enough for your body, be active and get outdoors in the sun often. Yet, I am not an expert on this topic but I believe it is important to look at yourself physically, and prevention is better than cure.

Step 7 – Believe that God is your Helper and your Guide.

Before you feel overwhelmed, the good news is that “God is our Helper leading us on the way we should go” (Isaiah 48:17) John 10:10 states that Jesus came to give life, **life in abundance** for us to have and enjoy. I believe this is only possible as you live your life purpose ! I recently heard somebody said that none of his children or grandchildren ever wanted to do something else than what they were supposed to do.... wow ! Imagine not having to go through doubt and struggles to know yourself and find yourself, not having to waste time ?

Why is this such a revelation to me and why do I want to share this ? Well, this is perhaps my biggest reason for homeschooling. I believe that home education is the *only way* a child can really be allowed to get to know him/herself in order to discover his/her life’s purpose. I believe it is my responsibility as a parent to help the child discover this and then to support, guide and allow the development of this vision. Of course the child will continue to learn and discover on their own, but I believe that one does not have to wait for 25 years to only start the discovery. If it starts young, one can live this passion so much earlier, without wasting time on unnecessary things.

I want to close with Deut 30:19 “I call heaven and earth to witness this day against you that I have set before you life and death, the blessings and the curses; therefore **choose life**, that you and your descendants may live...” Dare to discover and live your passion !

To help in this discovery of one’s life purpose I have discovered a unique one-of-a-kind curriculum that has been so helpful in discipling my children that I must share it with you. This is the first curriculum I have discovered that has met my need of providing the layout/guide for helping my child discover how special and differently unique he/she personally is. **God Idea Productions** is a company in South Africa that has launched products helping children discover their life purpose. Their *Journal of Blessings* or the 40 lesson *Every child is a God Idea* curriculum is ideal to use in a home school setting as a year long discipleship study, equipping parents to support their children in discovering who they are. When a child has finished either the Journal or the Curriculum workbook, it will be a very personal, valuable treasure for them to keep for the rest of their lives. The *Journal of Blessings* is a shorter version with less detail, but has also been very special for our family to have used. To read more about them or the products visit www.journalofblessings.co.za.