



## Session 6

### Purpose

The main idea from Sunday's Sermon was that God has a purpose for you because you are valued, because of the work of Jesus on the cross. The thing that distorts our view of ourselves and God's purpose for us is that carry shame

In this session we are going to talk about discovering God's purpose for our lives.

1. Pray and recommit your life once again to wholly following Jesus
  - a. I know this sounds like an easy win, perhaps a step to skip but unless our hearts are in the right place of submission, we will be like Moses who suffering the problem of stepping out with God.
2. Pray to offer yourself again to God, whatever He wants for you
  - a. Honestly and prayerfully evaluate if your desires match God's desire for you. If they don't, be prepared to give up your desires for the direction that God has for you. If they do, thank Him for them and commit again to follow His ways.
3. Open your eyes to the needs around You
  - a. God has places you where He has so that He can use you. So, what are the needs around you? Make a list and then pray for someone to meet those needs (what out, because God might ask you to meet one of them!)
4. Listen to your gifts
  - a. Are you a strategic thinker? A great listener? Can you motivate others to action with your words? Are you skilled at building things?

- b. At the back of the Beating Hearts handbook there is a strength wheel. For each of the areas give yourself a “rank” 1-10 then hand the wheel to 2 or three trusted friends who will be able to either affirm or deny your own thoughts.

5. Respond in small steps

- a. You can't change the world overnight but you can take small steps to start walking in the God direct purpose. Take your time, do what is right, listen to the Holy Spirit's direction.

### **Helpful Quotes**

“This is the bitterest of all—to know that suffering need not have been; that it has resulted from indiscretion and inconsistency; that it is the harvest of one's own sowing; that the vulture which feeds on the vitals is a nestling of one's own rearing.” - FB Meyer

”The spiritual life cannot come to us by development from our old nature. Our new life is as truly created out of nothing as were the first heavens, and the first earth. This ought to be particularly noticed, for there are some who think that the grace of God improves the old nature into the new. It does nothing of the sort.” – CH Spurgeon

### **Our Favourite Reading about Shame**

“Defending Shame” by Te-Li Lau

“Shame Interrupted” by Ed Welsh

“Looking Shame in the Eye” by *Simon Cozens*