

LIFE ON PURPOSE

Overcoming Obstacles

We all face obstacles in life. Some are out of our control, accidents, sickness, loss, other people's issues, the weather and even traffic. Some are within our control, mindset, making comparisons, unreasonable expectations, untamed inner monologue, and more. Jesus faced obstacles of all kinds. For example, in the Gospel of Luke, Jesus faces obstacles while trying to live life on purpose.

⁴⁰ When the sun was setting, everyone brought to Jesus relatives and acquaintances with all kinds of diseases. Placing his hands on each of them, he healed them. ⁴¹ Demons also came out of many people. They screamed, "You are God's Son." But he spoke harshly to them and wouldn't allow them to speak because they recognized that he was the Christ. ⁴² When daybreak arrived, Jesus went to a deserted place. The crowds were looking for him. When they found him, they tried to keep him from leaving them. ⁴³ But he said to them, "I must preach the good news of God's kingdom in other cities too, for this is why I was sent." ⁴⁴ So he continued preaching in the Judean synagogues. (Luke 4:40-44)

Verse 40 - Jesus was living life on purpose doing what he was called to do.

Verse 42 – The people were trying to keep Jesus from leaving them (obstacle).

Verse 43 – Jesus clarifies his purpose.

Verse 44 – Jesus takes action to continue on doing what he is called to do.

You will face obstacles in life and that is why it is good to have clarity your purpose. The following tools will help you overcome the obstacles and live life with greater meaning and intentionality.

Worksheets:

- Fear Not
- Awareness to Action

FEAR NOT

Every person has fears of one kind or another, and there are a few that are shared by most humans: fear of death, loss of autonomy (physical, social, economic), separation (rejection, abandonment, loneliness), and loss of meaning (purpose, identity). These fears and others can limit one's ability to thrive. Consider the concepts below and respond to the questions.

NAME _____

DATE _____

Think of a dream you have not moved towards, a goal you have not completed, a change you have avoided, and complete the sentences below...

I have not followed my dreams, changed, or accomplished my goals because I am afraid I might lose...

I have not followed my dreams, changed, or accomplished my goals because I am afraid my actions might bring on these hardships in my life...

I have not followed my dreams, changed, or accomplished my goals because I am afraid that despite my best effort the outcome might not be so good and I could end up...

When I overcome my fears and limiting beliefs and take strategic action my life will be different in this way...

Three areas I'm going to have more courage and take bold action in the next 30 days are... and here's what I'm going to do...!

1. _____
2. _____
3. _____

AWARENESS TO ACTION

Researchers have found that although 95% of people think they're self-aware, only 10 to 15% are (Harvard Business Review). Reflect on the following 4 areas in your life and how greater awareness can bring about intentional strategic actions.

STINK TEST – What stinks in your life right now? What is causing you worry, discomfort, regret, pain, sadness, and the like?

One immediate action I will take to improve this situation is... _____

BEST YES – Where have you said “yes” to good things, but not the best things for your life and goals?

One immediate action I will take to improve this situation is... _____

WHOA IS ME – Where do feel sorry for yourself? Where are you making excuses in your life? Where are you blaming others?

One immediate action I will take to improve this situation is... _____

BOTTLENECK – Where is progress being hindered, hampered, or held back because of you?

One immediate action I will take to improve this situation is... _____
