

WHAT TO DO WHEN YOU ARE HANGING ON BY A THREAD

Day 4 – Rediscover Your Purpose

Scripture: *“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”* – Ephesians 2:10

When life gets tough, the air can feel thick, and the pain unbearable. You retreat into your safe zone, trying to shield yourself from more hurt. Yesterday, we talked about asking for help—and this is exactly why it’s so important. Community and friendships can help you see clearly when life feels foggy. They remind you of truths you can’t always tell yourself and help you take the next breath when it feels hard to come up for air.

During these times, you might question everything—your calling, your family, your relationships, and most of all, yourself. But God is still here, and He’s waiting for you with open arms. If you let your purpose slip away and close yourself off to His love and the help of others, you risk slipping into deep discouragement or depression.

Your purpose didn’t vanish when your circumstances changed—it’s still within you. It may be buried under grief or disappointment, but God is faithful to uncover it. Sometimes, He even uses broken seasons to reshape your calling, birth compassion in your heart, or open doors you never would have seen before.

Purpose doesn’t always mean doing something huge—it can be as simple as showing kindness, serving in your church, or offering encouragement to someone else who’s struggling. It’s about allowing God to work through you, even in small, steady ways.

Practical Steps to Rediscover Your Purpose:

1. **Ask God directly.** Spend time in prayer asking Him to show you where and how He wants to use you now.
2. **Serve where you are.** You don't have to wait until you "feel ready" to bless someone else—start small and watch God meet you there.
3. **Reflect on your gifts.** What are you naturally good at? What activities make you feel alive? These can be clues to your purpose.
4. **Try something new.** A new hobby, ministry, or volunteer role can reawaken a sense of meaning.
5. **Talk to a mentor.** Sometimes others see strengths and possibilities in you that you've forgotten.

Prayer:

Lord, when my world feels broken, remind me that my purpose in You is unshakable. Give me eyes to see opportunities to serve and a willing heart to say yes. Help me to trust that even in this season, You are working through me for good. In Jesus Name We Pray, Amen