

# Session One: God's Big Why

The Aim of this Session: this session is intended to help you discover why God has you on earth according to scripture.

Where you are headed: the next few sessions will move from the foundation of scripture's meaning for your life to focus your life on how you will live out the meaning.

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*Most of obedience is moving God's why to your how.*

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## **READ PHILIPPIANS 3:7-11**

<sup>7</sup>But everything that was a gain to me, I have considered to be a loss because of Christ.

<sup>8</sup>More than that, I also consider everything to be a loss in view of the surpassing value of knowing Christ Jesus my Lord. Because of him I have suffered the loss of all things and consider them as dung, so that I may gain Christ

<sup>9</sup>and be found in him, not having a righteousness of my own from the law, but one that is through faith in Christ—the righteousness from God based on faith.

<sup>10</sup>My goal is to know him and the power of his resurrection and the fellowship of his sufferings, being conformed to his death,

<sup>11</sup>assuming that I will somehow reach the resurrection from among the dead.

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*He who has a why to live can bear with almost any how. – Nietzsche*

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List who Paul says he used to be:

List who Paul says he is now in Christ:

What does this passage say about Paul's 'why?'

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*Without a motivating why, a goal withers away—lost somewhere in what seemed like a plan.*

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## Day One:

Meditate on Genesis 1:26-27

Nighttime Journal: journal about the meaning of the image of God and how you ought to 'steward' the world while being image-bearers.

## Day Two:

Meditate on Ephesians 2:10

Nighttime Journal: journal about the good works you believe God has called humans to do generally and called you to do specifically.

## Day Three:

Meditate on Colossians 1:16

Nighttime Journal: journal about what it means to be created 'for him.' Consider the previous two passages in this journal.

## Day Four:

Meditate on Matthew 22:37-39

Nighttime Journal: journal about how you can capture the previous three passages under the heading of 'love God' and 'love people.'

## Next Steps:

Write out a preliminary statement on what you believe God's purpose is for all humans generally (also on "Discovering Your Why"):

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*Every goal should flow from a clear why.*

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Before your second SESSION:

- Complete the “Discovering Your Why” Handout
- Complete the Assessment here: [LifeScore - Full Focus Assessments](#)
- Share your *why* from the “Discovering Your Why” Handout to two people prior to Session Two. Record feedback in a journal and be prepared to share at Session Two discussion.

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*The goal of this session is to help you understand what God's biblical why is for all people everywhere.*

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# Session Two: Hope Fuels Discipline

The aim of this session is that hope would be the gasoline for your grit and discipline. Without hope, grit is like a dying fire; it has a decreasing amount of fuel, but retains its heat and oxygen, and so eventually it will die if you don't give it more fuel. Let your hope be your fuel. The pursuit of what could be is driven by the belief that God WILL accomplish it in your life. As you can imagine, it's important that we believe in the right things, because God is making everything a reality. So what do you hope for? What should fuel your discipline and grit?

Remember: Hope is real faith in what God will do. (Hebrews 11) And, discipline is a commitment, but grit is keeping the commitment through it all and until the end. (cf. Philippians 3:12)

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*Your why is a core belief; and your hope is whether you*

*believe that core belief is true.*

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## **READ: PHILIPPIANS 3:12-21**

**12** Not that I have already reached the goal or am already perfect, but I make every effort to take hold of it because I also have been taken hold of by Christ Jesus.

**13** Brothers and sisters, I do not consider myself to have taken hold of it. But one thing I do: Forgetting what is behind and reaching forward to what is ahead,

**14** I pursue as my goal the prize promised by God's heavenly call in Christ Jesus.

**15** Therefore, let all of us who are mature think this way. And if you think differently about anything, God will reveal this also to you.

**16** In any case, we should live up to whatever truth we have attained.

**17** Join in imitating me, brothers and sisters, and pay careful attention to those who live according to the example you have in us.

**18** For I have often told you, and now say again with tears, that many live as enemies of the cross of Christ.

**19** Their end is destruction; their god is their stomach; their glory is in their shame; and they are focused on earthly things,

**20** Our citizenship is in heaven, and we eagerly wait for a Savior from there, the Lord Jesus Christ.

**21** He will transform the body of our humble condition into the likeness of his glorious body, by the power that enables him to subject everything to himself.

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*Perhaps the greatest psychological, spiritual, and medical need that all people have is the need for **hope**. – Billy Graham*

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## **Bible Questions:**

What is the prize in verse 14?

What does the Bible mean by “make every effort?”

Compare this passage to 1 Corinthians 9:24-27. (after Day One of meditation)

When Paul says, “think this way,” in what way does he mean for them to think?

Write a 30-word sentence summarizing verses 17-21.

## Finding Grit in your Hope:

What past failures, mistakes, or self-limiting beliefs (see DYW Handout) are you holding onto that are consuming the "fuel" of your hope, distracting you from the disciplined pursuit and grit that God has called you to? Check out vs. 12 and 2 Peter 1:5-8.

What does biblical "forgetting" practically look like in your daily habits? (v.13) There's a difference between forgiving and forgetting, I'm not talking about 'forgiving,' because that's often 'to someone' else, but forgetting has to do with the self.

If Christ has the power to fully transform your "humble condition" and subject everything in the universe to Himself (v.21), why do you sometimes doubt His ability to transform your current struggles or situation and bring your "why" into reality?

Does your daily discipline focus more on attaining the "heavenly call" prize (v.14), or on achieving a temporary, "earthly thing" (v.19)? Please review Q's 23, 24, and 25 from "Discovering Your Why."

When your discipline and grit are tested, what is the primary source of motivation?

Is your hope rooted in the reality of your heavenly citizenship, or does your motivation come from a desire to avoid earthly shame or gain earthly glory? Explain your answer.

Revisit questions 3 and 18 on the “Discovering Your Why” Handout. How does your answers to question 18 support or contradict your answer to question 3?

What disciplines have helped you the most in moving from your past purpose towards fulfilling your current purpose?

Compare and contrast your limiting beliefs from questions 4 and 5 with your identity markers in question 8.

What disciplines would you need to put in place to make your limiting beliefs subject to Christ-centered identity markers?

In what ways can you connect your greatest passion from question 15 with your current disciplines? What about your current grit? (i.e. how does your passion fuel your grit?)

Do you believe that God will accomplish His purpose for you by working in and through you?

What current habits are waging war in your flesh with the Spirit's desire for you to fulfill the purpose God has given you?

How has doubt (opposite of hope) or fear (limiting belief about hope) in your life caused you to lose grit in your goals/disciplines?

Revisit your preliminary purpose statement. Do you have hope it will become a reality for you? (real faith in what God will do!)

## Day One

Meditate: 1 Corinthians 9:24-27

Nighttime Journal: why does Paul discipline himself physically? How does our emotional, relational, sexual, and physical discipline impact our own integrity?

## Day Two

Meditate: Ephesians 3:20-21

Nighttime Journal: what is God unable to do in your life?

## Day Three

Meditate: Isaiah 43:18-19

Nighttime Journal: what are you holding onto that you need to believe you can release (or, forget according to Paul)? How would 'hope' transform your ability to release this?

## Day Four

Meditate: Colossians 3:1-2

Nighttime Journal: how do your fears impact your discipline on earth? How does your hope for heaven redefine your discipline on earth? i.e. how does a mind set on 'above,' live a life 'on earth?' In what ways should your mindset change from fears to hope?

## Day Five

Meditate: Hebrews 6:17-19

Nighttime Journal: What is the anchor of your discipline and grit when things get tough? What should it be according to this passage?

## Next Steps:

Ask a Biblical Counselor how they would train someone struggling with discipline. List their response in your journal and prepare to share at Session Two discussion.

# To Discuss With A Friend

Time, Talents, and Treasures: how will you use them in light of your purpose?

Revisit your purpose statement with a friend.

Connect Bible verses to your TTT (time, talents, treasures)

What if you had 10x the amount of time, talents, or treasures you have, what would you do with them?



How do your TTT reflect your purpose, and your purpose fuel your TTT?

Colossians 3:23

- How does my purpose align to God's purpose for me?
- How do I "do everything for the Lord?"
- How do you define your "have tos" vs. "get tos?"
- How can you make sure your big 3 align to your purpose?