

Prayer Journal:



30 Days of Finding Purpose and Redefining Balance

by Mirette Abraham

Before she even opened her eyes, Hadassah stretched luxuriously under the covers. What day was this, she wondered. For most of my life, I have wondered what my purpose is.

We all know we were created to know love and to bring glory to God. But what does that look like? How do I bring Him glory?

In trying to wrestle with these questions, we look to our studies, careers, and future spouses for the answers. We look outward for the key that unlocks something inward, something hidden, something intangible. We want all our life choices to be in line with this very purpose, and in trying to do so, we unwittingly believe that these choices are our reason for living.

But what if they get taken away?

What if I fail?

What if I get fired?

What if my marriage falls apart?

We can't attach purpose to these tangibles because tangibles decay.

Our purpose doesn't.

Our reason for living doesn't.

And in helping my purpose sprout and live on, I need to attach it to the one True Vine; the One who plants the seed and waters. I just need to let Him be the gardener and tend to me as He sees fit.

The tending process is grueling and can sometimes feel counterintuitive (I'm no gardener, but I hear you need to pluck out the weeds and parts of the plant that hinder growth for it to flourish). But rest in the assurance that all He is doing is for the good and that the new creation that springs forth from you will be marvelous beyond imagination!

You will doubt.

You will suffer.

You will want to quit.

But keep your eyes on the Gardener and steady yourself in His strength.

He will soon reveal your purpose, and you will soon discover your worth.

I created this journal following a time of deep doubt and faithlessness. After falling hard into a pit of despair, I was desperate for God to call me back home and rescue me from myself. I couldn't see a way out, and honestly, at one point, I didn't want to. My mind quickly convinced my heart that I had no purpose. I had struggled to find my worth my whole life, being thrown into this unfamiliar and unsettling depth, weighed my heart down with so much more emotion than I thought it was able to carry. I collapsed under the pressure I placed on myself and forced the world's ideal of womanhood into my soul.

I fell short of every standard.

I buckled under the unrealistic weight.

But God frees us of these expectations! He wants us to thrive in Him and not remain shackled to these idols. He has broken the chains that squander us and covered our hearts with His hope and grace. He removed the scales from my eyes and allowed me to see Him in my pain.

All I had to do was keep my focus on Him, and soon enough, I was climbing victoriously out of the pit I had dug for myself.

So, that's what I'm asking you to do here.

Keep your eyes on Jesus.

Start every day with Him and ask yourself, "what song do I want this day to sing to Him?"

Forget the checklist of things to do.

Forget the myriad of errands waiting for you.

For just a moment, put Him first.

And you will see for yourself how He transforms even the most mundane of tasks and uses everything we do for His glory and our refining.

Throughout this guided journal, I encourage you to open your Bible and find Him in the words. For 30 days you will go on a journey of rediscovery. If you commit yourself to this process, you will change the way you view your daily list of to-dos and find the key to unlocking that which is already inside you.