

# What is God's Purpose for You

Do you ever wonder what God's plan is for your life? As a new season begins (back to school, launch of new church year, new FP4H classes, etc.), are you asking where God wants to use you? How He will grow you up into the person He is calling you to be? Are you looking at your fall calendar and seeking to write down events and commitments that are a priority for your health, family, work, and spiritual growth?

If so, this might be the perfect time to work through **God's Purpose for You**, one of the Bible Studies I wrote for First Place 4 Health. The first step in any new endeavor is to take stock of where you are now. Right now I'm wrapping up a fairly quiet summer focused on rest, renewal and writing. The past year had been quite full of family events (both daughters got married), lots of speaking/teaching, and a few unexpected challenges as well. In the middle of it, my exercise regimen suffered and I began to 'spread' a bit in the hips.

That's why I'm setting specific goals for getting back on track. In *God's Purpose for You* I begin by encouraging us all to *ask God to show you where He wants you to be and how to get there. This is done through prayer and the study of God's Word. As you align your desires with His, committing to doing what's necessary to achieve your goal, He promises to give you divine power to overcome any obstacles in your path. As you grow in strength and daily disciplines, you will be able to stand firm against the enemy of your soul, the one who is trying to keep you down and defeated, discouraged and depressed.* (Respond Wholeheartedly – Week Two)

I remember doing the research for this study while speaking at a Christian conference in Bermuda a few summers ago. My favorite chapter is still Week Nine *Listen to God's Voice* and I did a lot of listening at that time in order to know how to proceed. As I sat on the lawn overlooking the pink sand and blue sea, I found that week's memory verse coming alive, *Whether you turn to the right or to the left, your ears will hear a voice behind you, saying "This is the way; walk in it."* (Isaiah 30.21) The words I heard through His voice (because I had taken time to listen) ended up as *God's Purpose for You*.

So, if you are asking, seeking and desiring to know more of

how you can live out your own story as part of God's greater Kingdom story, I hope you will consider working through [God's Purpose for You Bible Study](#) this fall. Let me know what He says...

Order your copy of *God's Purpose for You* at the special price of \$12.99 on the First Place 4 Health website at <http://www.firstplace4health.com/store/?cat=5&item=60>.

**Lucinda Secrest McDowell**, an international conference speaker and author, is a storyteller at heart who loves to share the weavings of God's grace and mercy throughout life's journey. A graduate of Gordon-Conwell Seminary, she is the author of ten books and Bible Studies including "Better Together," "Amazed by Grace," "Role of a Lifetime" and "Spa for the Soul." Known for her ability to convey deep truth in practical and winsome ways, Cindy writes from "Sunnyside" cottage in New England and would love to speak at your next event. Visit her website and blog at [www.EncouragingWords.net](http://www.EncouragingWords.net)