



Study Guide, Episode 56—How to Find Daily Meaning & Purpose

Matthew 2; Luke 2

00:00-08:34	“QOTW: How do I find more meaning in life, & live a ‘meaningful life?’”
08:35-16:45	“How will you make room for Him?”
16:46-22:15	“5 Questions to Discover Purpose & Meaning”
22:16-39:48	“Angels, shepherds, wise men—worship, love & serve Him for meaning”
42:52-END	“Jesus’ childhood & Divine Identity—‘grow from grace to grace’”

1. Do you feel like you have significant meaning in your life—physically, mentally, emotionally, socially, and spiritually? If not, what is standing in your way? If so, which areas might need a little more meaning? Write about this in your journal.
2. Listen to 00:00-08:34. Which of the “3 Lives,” from Positive Psychology, are currently living? The ‘Pleasant Life?’ The “Engaged Life?” The “Meaningful Life?”
 - a. Use the following article to learn more
 - b. Listen to 16:46-22:15. Use the article below to find & answer the “5 Questions” about your purpose, mentioned.
<https://www.drchristinahibbert.com/living-a-life-of-purpose-and-meaning-the-key-to-true-happiness/>
3. How will you “make room for Him”—in your home? In your worship? In your heart, mind, activities, spirit? Will you make room for His children, too? How will you serve & love others? Ponder and meditate upon this, and write about it in your journal.
4. How might you be a “shepherd” for Jesus Christ? Seek and come unto Him? Follow His light? Tend His flocks & feed His sheep?
5. How might you see the deeper meaning in daily tasks, challenges, and objects? Find the symbolism? Use it to help you create meaning day to day?

Join my “8-Day REPLENISH Self-Care Challenge:
<https://drchristi.mykajabi.com/8day-replenish-challenge>

Resources

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