



CHAPTER TWO

FINDING YOUR PURPOSE

Purpose can be defined as the reason for the existence of a thing or something. The purpose of a thing is first established in the mind of the manufacturer or Creator. In other words, purpose can be defined as the discovery of God's plan for man.

In running a race, finding the purpose for the race is a great motivation, faith booster and it makes the journey interesting.

“Man proposes, but God disposes”.

(Proverbs 16:9)

The wise words from **Proverbs 16:9**, is an 1864 oil-on-canvas painting by Edwin Landseer. The work was inspired by the search for Franklin's lost expedition which disappeared in the Arctic after 1845.

This word echoed in my mind as I laced up my running shoes and stepped out into the familiar path. I had been a runner for as long as I could remember, finding solace and clarity in the rhythm of my feet hitting the pavement. But lately, I had been feeling lost and unsure of my purpose.

As I set off on my run, I let my mind wander, contemplating the meaning behind those words from Proverbs. It was easy to get caught up in making plans and setting goals, but ultimately, it was up to God to guide my steps and lead me in the right direction.

I pushed myself harder, feeling the burn in my muscles and the burn in my soul. I needed answers, and I hoped that the pounding of my heart against my chest would somehow bring me closer to finding them.

Brothers and sisters, as I went through a familiar corner, a verse from **Proverbs 16:3** came to mind:

“Commit to the Lord whatever you do, and he will establish your plans”.

(Proverbs 16:3)

I realized that I had been trying to do everything on my own, relying on my own strength and determination to find my purpose. But perhaps I needed to surrender to a higher power, to trust in God’s plan for my life.

I slowed my pace, breathing deeply as I gazed out at the world around me. The sun was beginning to set, casting a warm glow over the landscape. It was a reminder that even in the darkest of times,

there was always a glimmer of hope, a light to guide me forward.

Friends, as I continued my run, I thought about other scriptures from the book of Proverbs that might offer me insight and guidance. **Proverbs 16:20** reminded me that:

“Whoever gives heed to instruction prospers, and blessed is the one who trusts in the Lord”.

(Proverbs 16:20)

I knew that I needed to be open to receiving wisdom from others, to seek out mentors and coaches who could help me on my journey.

Proverbs 16:24 spoke to me as well, as I struggled with doubts and insecurities about my abilities.

“Gracious words are a honeycomb, sweet to the soul and healing to the bones”.

(Proverbs 16:24)

I realized that I needed to speak kindly to myself, to offer myself grace and forgiveness as I navigated the challenges of finding my purpose.

Dear readers, as I rounded the final bend of my run, I felt a sense of peace wash over me. I may not have all the answers, but I knew that I was on the

As I set off on my run, I let my mind wander, contemplating the meaning behind those words from Proverbs. It was easy to get caught up in making plans and setting goals, but ultimately, it was up to God to guide my steps and lead me in the right direction.

I pushed myself harder, feeling the burn in my muscles and the burn in my soul. I needed answers, and I hoped that the pounding of my heart against my chest would somehow bring me closer to finding them.

Brothers and sisters, as I went through a familiar corner, a verse from **Proverbs 16:3** came to mind:

“Commit to the Lord whatever you do, and he will establish your plans”.

(Proverbs 16:3)

I realized that I had been trying to do everything on my own, relying on my own strength and determination to find my purpose. But perhaps I needed to surrender to a higher power, to trust in God’s plan for my life.

I slowed my pace, breathing deeply as I gazed out at the world around me. The sun was beginning to set, casting a warm glow over the landscape. It was a reminder that even in the darkest of times,

there was always a glimmer of hope, a light to guide me forward.

Friends, as I continued my run, I thought about other scriptures from the book of Proverbs that might offer me insight and guidance. **Proverbs 16:20** reminded me that:

“Whoever gives heed to instruction prospers, and blessed is the one who trusts in the Lord”.

(Proverbs 16:20)

I knew that I needed to be open to receiving wisdom from others, to seek out mentors and coaches who could help me on my journey.

Proverbs 16:24 spoke to me as well, as I struggled with doubts and insecurities about my abilities.

“Gracious words are a honeycomb, sweet to the soul and healing to the bones”.

(Proverbs 16:24)

I realized that I needed to speak kindly to myself, to offer myself grace and forgiveness as I navigated the challenges of finding my purpose.

Dear readers, as I rounded the final bend of my run, I felt a sense of peace wash over me. I may not have all the answers, but I knew that I was on the

right path. I may not have everything figured out, but I had faith that God would lead me where I needed to go.

I slowed to a walk, letting my heart rate return to normal as I reflected on the journey I had just taken. The words of proverbs had guided me, offering me comfort and encouragement as I sought to discover my purpose.

As I headed home, I made a silent vow to myself to keep running, to keep seeking, to keep trusting in the Lord to show me the way. And with each step I took, I knew that I was drawing closer to finding my purpose, to fulfilling the plan that God had set out for me.

Then, I ran on, my feet pounding against the pavement, my heart lifted by the wisdom of scripture. I may not have all the answers, but I kept moving forward, God would be there to light my way.

The echoes of *Proverbs 16:9*:

“Man proposes, but God disposes.”

(Proverbs 16:9)

This scripture continued to resonate in my mind as I finished my run and returned home. I felt a sense

of peace and clarity that I hadn't felt in a long time. The words of scripture had guided me and given me the strength to continue on my journey of self-discovery and purpose.

Brothers and Sisters, as I showered and changed into fresh cloths, I reflected on the lessons I had learned during my run. I realized that sometimes, we need to let go of our need for control and instead trust in God's plan for our lives. It was a humbling realization, but one that brought me a sense of relief and freedom.

I decided to start incorporating daily scripture readings and prayers into my routine, using the wisdom of Proverbs and other passages from the Bible to guide me on my path. I knew I still had much to learn and discover, but I felt a renewed sense of hope and confidence that I was headed in the right direction.

Then I sat down to a quiet dinner, I felt grateful for the insights I had gained during my run. The simple act of lacing up my running shoes and hitting the pavement had led me to a deeper understanding of myself and my relationship with God. I knew that I still had challenges ahead, but I felt stronger and more prepared to face them with faith and courage.

And so, as I finished my meal and prepared for bed, I whispered a silent prayer of thanks to God for guiding me on my journey. I knew that the road would be uncertain and fraught with obstacles, but I felt a renewed sense of purpose and determination to keep moving forward, trusting in the Lord to lead me where I need to go.

The words of Proverbs would continue to guide me in the days and weeks to come, offering me comfort and solace as I navigated the twists and turns of life. And as I closed my eyes and drifted off to sleep, I knew that I was exactly where I needed to be in the hands of a loving and merciful God.