

# redacted

An existential crisis, when [redacted] be understood as a profound psychological and philosophical phenomenon that arises when [redacted] nature of existence, purpose, and the [redacted] meaning of life. This crisis is characterized by a [redacted] of disorientation, [redacted] and a [redacted] examination of one's own [redacted] values, and [redacted]

At the [redacted] of an existential crisis lies [redacted] human [redacted] and the [redacted] of our existence. Individuals [redacted] such a crisis often experience an overwhelming [redacted] existential [redacted] of their actions, [redacted], and the ultimate purpose [redacted]. They [redacted] confronted by the inherent [redacted] between freedom and [redacted], autonomy and interconnectedness, [redacted] the pursuit of individual desires versus [redacted] collective [redacted]

Existential crises can be triggered by [redacted] various circumstances, such as [redacted] transitions, moral [redacted] encounters with existential literature, art, or philosophical [redacted]. These crises represent an [redacted] of existential anxiety, serving as [redacted] aspirations, and [redacted] meaning or lack thereof in human [redacted]

[redacted] individuals in an existential [redacted] engage in [redacted] self-reflection, introspection, and philosophical inquiry. They [redacted] the validity and [redacted] reconcile their own subjective [redacted] of existential inquiries. This process can be [redacted] unsettling [redacted]

Existential [redacted] through [redacted] of [redacted] and [redacted] [redacted]



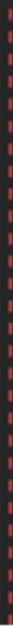
Got

Purpose?

Have you ever thought about your purpose—why you are alive? Why you exist? Purpose is so important. It affects how you live, what you do, and how you influence others. Ultimately, purpose will determine your legacy.

# so what's your purpose?

To determine purpose, I have found it helpful  
to answer several questions:





# the big five



**Where did I come from?**



**Who am I?**



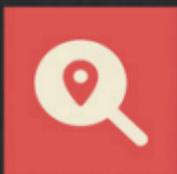
**Why am I here?**



**Where am I going?**



**What can I do?**



## Where did I come from?

How you believe human beings came into existence will play a large part in determining your purpose.

Basically, there are two answers:

### chance or creation

Either way, *we have to take our view by faith*. No human was around to observe the beginning of the universe. So the origin of humanity is outside of the realm of observable science.

I personally don't have enough faith to believe that random chance brought everything into existence the way we see it in our universe.<sup>1</sup> Looking at all the design in the universe, it looks as if the universe didn't happen by accident but rather by purposeful design.

It is wise to consider the biblical records:

Genesis 1:1

In the beginning, God created the heavens and the earth.

Psalms 19:1

The heavens declare the glory of God.

1. (See the book *I Don't Have Enough Faith to Be an Atheist* by Geisler and Turek. It might surprise you that evolution does not match scientific reality as much as you may think.)

If chance were the source of life, *we would have no real purpose* for life. Life would be an accident after all.

However, there is something within the human heart that drives people to find purpose. Deep down, people are all searching for something in life. Where does that drive come from?

I believe that drive comes from a purposeful God who created people to live with purpose and to seek fulfillment. In other words,

## God created you on purpose for a purpose.

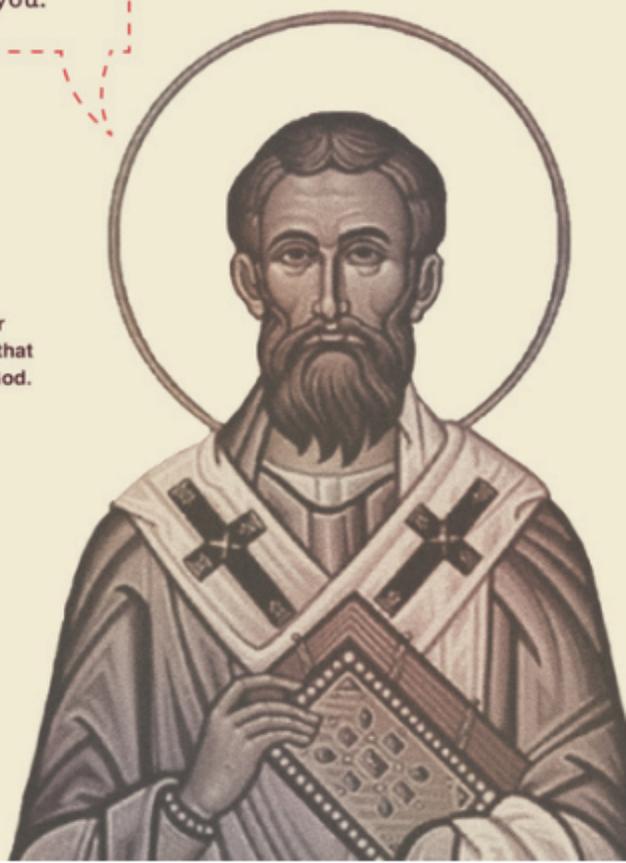
The drive for purpose and fulfillment is best achieved through a personal relationship with God and living the way that God designed life to be lived. The famous theologian Augustine once said,

You have made us for yourself,  
O Lord, and our heart is restless  
until it finds its rest in you.

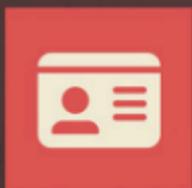
### Consider:

The first step to finding your purpose is to acknowledge that your purpose comes from God.

*What do you think?*



## Who am I?



In the attempt to discover purpose, we must first determine if we even have a purpose. The question, "Where did I come from?" reveals if we have a purpose or not.

*If we were the product of random chance, we have no ultimate purpose. If God created us on purpose for a purpose, we have purpose! This leads us to the next question...*

As we attempt to discover our purpose, we also need to know what we are. Knowing how we are designed will lead us to our purpose. As the design of a tractor tells us that it is used for ploughing and the design of a race car tells us it is used for racing, our design will tell us what we were made for.

God tells us what we are in the Bible, His revelation to human beings. If you don't believe the Bible is God's Word, consider these thoughts:



The Bible has had a massive influence on the world and continues to influence the world today.



It is not a science or history book, but when it speaks to those subjects, it is accurate.



Archaeology has confirmed repeatedly the Bible's historical accuracy.



There are thousands of Biblical manuscripts in existence to verify the accuracy of our modern Biblical texts.



The Bible has changed millions of lives verified by countless testimonies of transformed individuals.

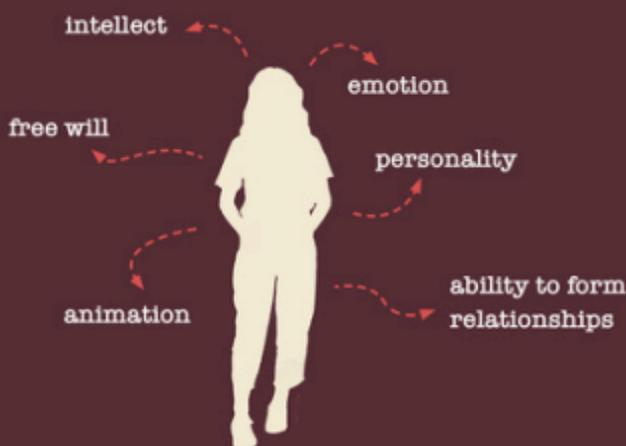


The Bible provides us with a complete explanation for the origin and the meaning of life.

The Bible reveals what we as humans are in its first book, Genesis. In Genesis 1:26, the Bible says that God created human beings “in His Image” with characteristics similar to Himself. One of those characteristics is personhood.

Genesis 2:7 says that God created people as living souls. We are more than physical bodies. We have souls. Our soul makes us a person.

Our soul gives us things like:



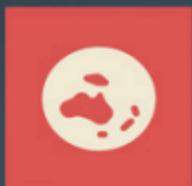
When we consider the question, “Who am I?” and think about how we were designed, we see that personal relationships are interwoven into our purpose. One of our main purposes is relationships. Having good, wholesome relationships is very rewarding. We understand the meaning that relationships bring to life. The most important relationship to maintain is our relationship with God. In John 17:3, the Bible says that eternal life—the ultimate form of life—is knowing God. At its core, true life is a relationship with God.

Again, as Augustine said, “You have made us for yourself, O Lord, and our heart is restless until it finds its rest in you.”

## Consider:

The second step to finding your purpose is to find a relationship with God.

*What do you think?*



## Why am I here?

As we pursue purpose, the question, "Who am I?" shows us that our purpose is closely tied to relationships, especially a relationship with God. The next question is "Why am I here?"

If God created us with a purpose and that purpose is relationships, then we must ask ourselves how to relate to God and others.

In Genesis 1-2, the Bible tells us that when God created the world, He provided for all the needs of human beings, and He declared humans to be the rulers and stewards of the earth. It is as if God made us His managers of planet earth.

From these verses, we see that our purpose is:



specifically to manage  
the earth,

but more broadly to love  
God and serve Him.

The opportunity to serve God in such a way is a huge privilege; we should be more than honoured to serve Him because of how He has blessed us with life and the world around us.



In Genesis 2, God created two human beings. He created Adam first, but then He created Eve as well for companionship. Again, people are relational beings. We were made for relationships. Our lives should emphasize our relationships.

So when we think about it, our original purpose was to enjoy a relationship with God in which we would serve Him as caretakers of the earth and to enjoy relationships with others.

## Consider:

The third step to finding your purpose is to understand your role in our relationship with God.

*What do you think?*



## Where am I going?

Our purpose is interwoven with our relationship with God and our service to Him. However, something happened to distort the beautiful relationship between humans and God and to change our destiny.

With all the blessings, God gave the first humans, Adam and Eve, one rule.

1. They were not to eat of the fruit of one tree in the Garden of Eden, where they lived.

*Unfortunately, Adam and Eve decided to disobey.*

This act of sin severed the wonderful relationship Adam and Eve had with God. Adam and Eve lost their special relationship with God, and physical corruption entered their bodies leading to death.

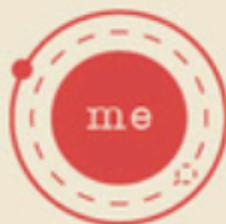
Suffering, disease, and death were not part of God's original creation but were brought into the world by Adam and Eve's sin. Ever since then, everyone born has been born into a world full of suffering and death.

But before we blame Adam and Eve, we all have to admit that we have chosen to sin in our lifetimes as well. Simply put, sin is breaking God's moral laws. Stop to consider: Have you ever broken any moral laws?



Have you ever **lied** to keep from being caught for something you did?

Have you ever **stolen** something or **cheated** in some way?



Have you ever been **selfish** and **prideful** in your attitude?

Lying, stealing, cheating, and pride are all sins against God, and they often harm others as well.

If we are honest, we will admit that we have broken at least some of God's laws. The Bible tells us in [Romans 3:23](#), "All have sinned." We have all broken God's laws of right and wrong, and we deserve the consequences of death and suffering that sin brings.

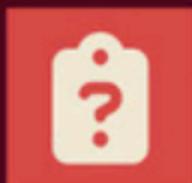
Since we are sinners, our relationship with God is broken. The Bible says that God does not take pleasure in sin (sin harms and is displeasing) and that evil will not live with Him (see [Psalm 5:4](#)). God dislikes sin and banishes sin from Himself. Sin has changed our destiny. Before sin, our destiny was a perfect world in loving fellowship with God. However, because of sin and rejection of God, when we die physically, our destiny will be banishment from God's presence to a place of righteous punishment for our sin (see [Revelation 21:8, 27](#)).

*But this was not God's intended purpose for us, and He loves us so much that He made a way for us to escape from where sin would send us and return to Him.*

## Consider:

The fourth step to finding your purpose is to understand your decision to reject your God-given purpose by rejecting God and your relationship with Him.

*What do you think?*



## What can I do?

Our final destination after we die is affected by our rejection of God; however, God loves us and does not want us to be separated from Him in sin.

So He made a way to remedy our rebellion which began with Adam and Eve's disobedience. He made a way to restore us to friendship with Himself and to our purpose.

*God is holy and must punish sin for its wrong.*

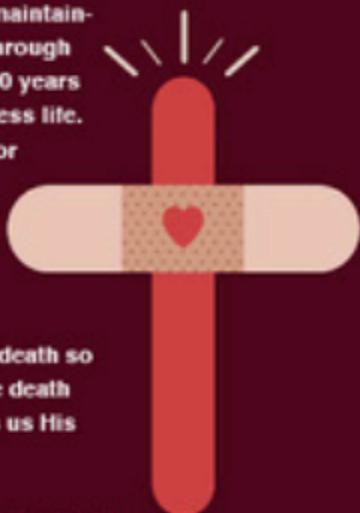
## BUT

God is loving and shows mercy upon those who wrong Him. So God made a way to forgive our sin while maintaining justice. God's way to forgiveness came through Jesus Christ. Jesus lived on earth about 2,000 years ago. He is both God and man and lived a sinless life. He allowed Himself to die on a cross to pay for the sins of all people (see [Romans 5:8](#)).

The Bible says that He was made "to be sin for us, who knew no sin; that we might be the righteousness of God in Him" (see [1 Corinthians 5:21](#)). Jesus took our sin and our death so that we could be forgiven and not have to face death and eternal separation from God. Jesus offers us His righteousness and eternal life instead.

After He died, Jesus rose again to life proving He is God with the ability to save us from sin and death and to give us eternal life (see [1 Cor. 15:1-4, 55-57](#)).<sup>2</sup>

With sin removed, we can be restored to God, experience victory over sin, and live with God in His heavenly kingdom for eternity.



2. If you question the validity of Jesus' resurrection, the book, *The Case for the Resurrection of Jesus* by Habermas and Licona, illustrates the historical validity of Jesus' resurrection. It is the best historical explanation from the data we have.



But we must accept what Christ has done for us. Restoration to God is an act of faith. Ephesians 2:8-9 says, "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God, not of works, lest any man should boast." We cannot earn God's forgiveness and favor by our effort. It is a gift Jesus has bought for us, and all we can do is humbly receive it.

In John 14:6, Jesus says,

**"I am the way, the truth, and the life: no man cometh unto the Father [God] but by Me."**

Jesus is the only One with power over sin and death. He alone can save.

What can you do to be restored to God? Put your confidence in Jesus Christ (see [John 3:16](#)). Accept that you are a sinner, that Jesus died for your sins, and that His sacrifice is all you need to be forgiven. You do not need to do anything other than accept His offer of salvation by faith. Jesus is waiting to come into your life, help you defeat sin, and give you abundant life.

If you truly believe and accept what Jesus did for you, why don't you tell Him that you believe and that you accept His offer of restoration to God? Prayer is simply talking to God. You can pray to Him right where you are and thank Him for the restoration that Jesus offers. You can tell Him that you accept His gift of a brand-new relationship with Him. Receiving this gift is how you can become one of God's children and begin experiencing the purpose for which you were created: *a wonderful, loving relationship with God and an amazing life of service to Him.*

Let's go back to the question, "What can I do?" When you turn to Jesus and let Him restore you to God, He will begin to work in you to change you into a good and pure person like Himself. You are His craftsmanship created to do good works in the world ([Eph. 2:10](#)). What you can do is to follow Him and live out what you were created to do—to love God and serve others.





# Legacy

**If you made the decision to receive Christ's gift, you have found the purpose for life! And it is only the beginning. God has heaps in store for you. He wants to fill you with love, joy, peace, and much more. He wants to use you for good in this world. He wants you to leave behind a legacy that will impact your world *forever*.**

**I know this sounds like a lot, but don't worry. He will help you one step at a time. You can learn how to live out your purpose by reading His instruction book to you—the Bible. I recommend you start in the book of Mark.**

**Last, I hope you will message me at [gracewaybc.com](http://gracewaybc.com) after reading this. I would love to hear from you. If you received Christ or have questions about the decision, let me know so that I can send some help your way. God bless!**