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# Understanding Your Life's Purpose

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## Understanding Your Life's Purpose

by Kathleen Gage

**H**ow often have you caught yourself asking, "What is it I am really supposed to be doing? What is truly my purpose in life?" If we allow ourselves to get into a place of having a conscious contact with God the answer is very simple.

The more we feel like we are struggling in life, that is usually a sign that we are not following our true path or that we are so much in our head that it is almost impossible to know what is in our heart. How often have we been taught we must struggle in life. Could it be that truly life is meant to be gentler than we have been led to believe?

That is not to say there won't be situations which may be challenging at times. And yet, the more connected to God we are the less internal resistance we experience and the less challenging any situation needs to be. Regardless of what the situation is.

The way to have life run more smoothly is to know in your heart that regardless of what is happening around you, what your job title and description is, what other people are saying or doing, you have something good to offer people. So often people are exactly where they should be, and yet, they resist and resist.

There are ways to be more connected to God and to fully understand our purpose. It has a lot to do with how we use our time, what we surround ourselves with and our self-talk. It is about putting one foot in front of the other and trusting the process.

True serenity comes when we give our life completely to God. So often, we will give a portion of our life to God, but then we hold back in some areas. Say relationships or finances because we think we know better than God what is in our best interest or how to do it without his guidance. We can have goals and

dreams and yet, truly giving our life to God is about not worrying about the outcome. It is about doing the footwork as we are led to do it and leaving the rest to God.

Taking time to be in a quiet place is often essential to having a clear and strong connection with God. Granted, there are some people who have evolved to the level that they are consciously connected at all times. However, for most of us, with all the negative outside influences, it may be necessary to make the effort to spend time developing our relationship with God.

Taking time for yourself to read, listen to inspirational tapes, go to church or a place of worship, read a daily affirmation book(s), write in a journal and meditate on a daily basis are all tools to create a stronger relationship with God. These are ways to have more peace and serenity. What it all boils down to is honoring what is true for you. What do you need to do in order to evolve to the level of spirituality you desire to be at?

Another key for developing a deep level of serenity and peace is to focus on what you have to be grateful for in life. The more we can focus on what is working in life and the blessings we have, the more we seem to attract that to ourselves.

We can all be teachers to others who have not reached that place of feeling gratitude in their life. So many people live in a place of desperation and constant fear. They wake up that way, feel that way the entire day and go to bed with the same feeling of loneliness, fear and despair. A big key to developing the ability to be grateful for virtually anything that happens in life is to know that no matter what is going on this is right where you need to be. Maybe not want to be, and yet need to be. Now, this is not about invalidating pain we may feel around a specific experience. We can feel a great sense of pain and still have gratitude for the

experience. I had just such an experience when my very dear friend passed on in August of 1998 at the age of 36 from a heart attack. My pain went to the core of my soul and yet, in my conversations with God, I found much to be grateful for.

Gratitude is a choice we make. It is also something we can share with others to improve the quality of their life. And I truly believe most of the people we come in contact with have a need and desire to experience more gratitude. All we have to do is look around to see that so many people don't even know where to begin.

Gratitude and a strong connection to God is about creating and living a quality life. In the end all we really have to leave behind is the memory of the quality of the life we lived. That is our legacy. And such an easy way to experience gratitude is to be thankful for whatever we are going through as we are going through it. So often, we may try to second guess what God has in mind for us. God has a plan for each and everyone of us. We tend to stray from that plan when we question what is going on. If we just look around we have all the confirmation we need that we are exactly where we need to be and God is watching over us. Just ask for a sign and watch what happens. The key though is to realize the signs may be very subtle and almost nondescript.

Recently, I found myself getting into some old thinking and I was bummed out because life was not conforming to "my wishes." I was in a great deal of emotional pain. I prayed and asked God to give me some messages. All day I got emails about God and virtually everyone I talked to that day made some mention about how God has touched their life. The key for me in shifting my perception was being open to receiving the messages.

Prayer is such a powerful tool for me to use to improve my contact with God and my attitude. When we pray that is when we are talking to God. When we meditate, that is when we are listening. Prayer allows us to have a sense of peace and security. To know we are truly loved and watched over. Here is a prayer that I found myself using recently and it gave me such an overwhelming sense of security.

"God, I desire so much to be led by your word. To have you direct my life and for me to willingly follow. I know I often get in the way of doing your work when my head takes over. I prayer that you will show me how to truly let go and let you lead my life. I pray that I take the appropriate actions to honor your name.

I ask for balance in my life and to do what is necessary to develop spiritually. I ask that I be given the good judgment and the ability to choose the right foods for my body, mind and spirit. I ask for the willingness to follow your divine power. I ask for the ability to always acknowledge the love and abundance in my life. I ask for a life where I willingly share with others the blessing I have been given. A life where I can open my home to many. A life where I continue to appreciate and give thanks for all the blessings which have been bestowed upon me.

I ask that you guide me in my work. That you be instrumental in guiding me to the right people at the right time. That you open my eyes and heart to truly see what it is I should be doing in order to do your work. That by the work I do I bless others in their life.

I ask that you protect my home, my loved ones and my animals. That my home always be a place of comfort and love. I ask that you give me the ability to always speak my truth in a loving way. I ask that you allow me to really see the right way to live.

I thank you for the love in my life and my ability to love. I thank you for the abundance you continue to bestow upon me. I thank you for my health. I thank you for all the blessing you have given.

In your name. Amen.

Throughout your day you have the ability to connect with God at any time, in any place. Whether it be at home, at work or at play. If you find yourself anxious, frustrated or confused, simply pause, ask for God's guidance and then do the footwork you are led to do.

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