


Designed for Purpose

A Reflective Journal



**DESIGNED
FOR
PURPOSE**

Discovering God's Daily Direction

**SAMPLE
TANYA PRINCE**



NASHVILLE

NEW YORK • LONDON • MELBOURNE • VANCOUVER

Designed for Purpose

Discovering God's Daily Direction

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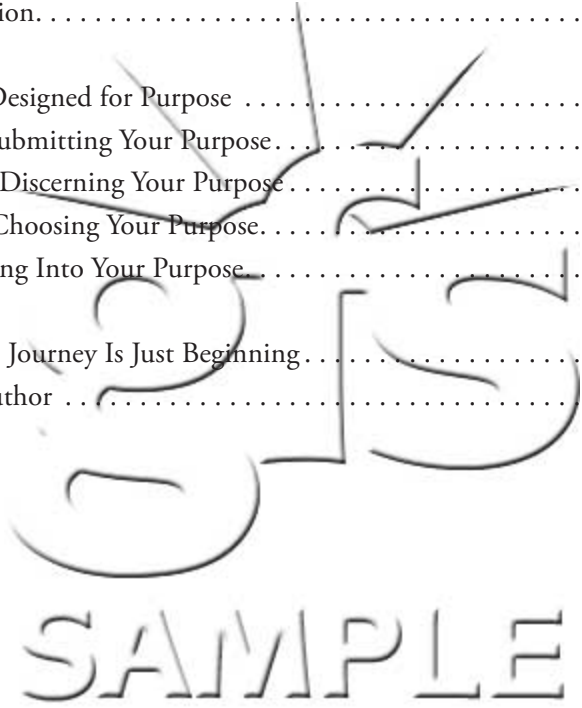
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INTRODUCTION

*For we are God's handiwork, created in Christ Jesus to do good works,
which God prepared in advance for us to do.
Ephesians 2:10 (NIV)*

“I just want to know what God wants me to do!” Is this a common question you hear yourself saying to your friends, to yourself, and in your prayer life? God promises us in Matthew 7:7–8, “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened” (NIV). Why does it sometimes seem that there is no answer? We all go through seasons in which it seems the Lord is silent, but too often today, it may be that we simply aren't taking the time to listen. Are our lives so busy and noisy that we can't hear His “still small voice” (1 Kings 19:12 NKJV), let alone a megaphone?

Scripture repeatedly tells us that we are meant to have a good and wonderful purpose in our lives. The prophet Jeremiah wrote, “‘For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart’” (Jeremiah 29:11–13 NIV). The first part of this verse, Jeremiah 29:11, is often quoted, and with good reason! It is true; God does have a good plan for you. In fact, it is an amazing plan, intended for you to thrive and prosper as you live in constant hope for the future. However, it is incomplete without the second part, Jeremiah 29:12, in which we, because of this promise, draw close and call to Him and pray to Him. God's plans for us don't just passively happen. His plans are part of our relationship *with Him*. We are called to seek Him in this plan, and He promises to listen and to be found. The God of the universe is saying He will listen and respond to us when we seek Him out! Are you actively seeking Him, or are you passively waiting for revelation? If you are ready to know God's great purpose and plan for your life, then it's time to ask, seek, knock, call, and pray.

FOUR-WEEK JOURNEY

This four-week journal is meant to help you both pursue the Lord for His purpose and direction and to hear and see His response in your life each day.

During this four-week journey, you will reflect daily on six areas:

- Experiences that create joy, happiness, and fulfillment in your spirit
- Experiences that generate concern and response in your spirit
- People, events, and things for which you are grateful
- Encounters of doubts, fears, obstacles, and setbacks
- The truth of your identity and strength in Christ
- Evidence of God's intervention, sovereignty, confirmation, and voice

These six topics are designed to cultivate a heart of reflection, perception, and discernment.

Each week is organized with a theme, a verse, and an exercise to prepare you for the week ahead and focus your observations and reflections. The weekly exercise helps you to take prayerful action steps toward your purpose.

Each day includes a verse aligned with one of the six areas of reflection and is a starting point to prepare your heart and mind for discernment and connection with the Lord. The verses are a glimpse of how scripture carries the voice of God in directing you and of His character in walking with you. Each day also includes a time for prayer and overall reflection for you to seek Him and respond to Him as you grow in your understanding of His will for your life.

At the end of the week, you will reflect on the past days to observe and consider the reoccurrence of situations, events, ideas, and feelings. Often the Lord confirms His guidance through the convergence of inspiration, words spoken through people, unexpected events, and scripture. You may begin to see doors that clearly open or close and a sense of pulling toward and away from places, people, and tasks. Sunday's verses help you understand the Lord's will for taking action and making decisions. After careful contemplation and discernment, bring your thoughts before the Lord in prayer, asking Him to confirm your sincere desire to follow His leading and direction.

DAILY REFLECTION

The six categories of reflection are a guide to help you carefully examine how you interact with the world around you and discern your purpose in it. In reflection, you will seek evidence of your purpose by considering how you emotionally, physically, mentally, and spiritually responded to the events of the day. The daily verses are aligned with one of the six categories and provide a scriptural foundation for the reflections.

I found joy, happiness, and fulfillment in ...

The Lord gave us good desires and passions. When we live in our purpose, the Bible tells us that we produce “good fruit” (Matthew 7:17 NIV) in many forms. When our talents and passion come together in the space of purpose, we can feel a sense of accomplishment, meaning, and fulfillment. Our work produces a beneficial impact, our character in performing the effort demonstrates positive attributes, and our outcomes may multiply. Feelings of joy and excitement may flow through you and overflow to those around you. When your talents are aligned with your purpose, you will discover that they can be applied in new and exciting ways, and it gives you new motivation and creativity. This reflection may include gratifying steps toward a goal or dream you’ve had for some time, or it may include the discovery of a new path for the first time. Monday’s scriptures describe the affirming nature of experiencing purpose in our work.

I felt concern and response to ...

Scripture tells us that “Each of you should use whatever gift you have received to serve others” (1 Peter 4:10 NIV). Because of our purpose, we are uniquely crafted to feel a pull to solve particular problems or engage in meeting certain needs when we see them. You may experience an overwhelming sense of empathy, grief, or anger in response to an issue, injustice, or hardship in the world or in the lives of those around you. Tuesday’s verses illustrate the nature of how we can be called to use our gifts to serve others and the heart of God for His people.

I felt gratitude for ...

God reminds us that “every good and perfect gift is from above” (James 1:17 NIV). Gratitude helps us to observe God’s intervention and provision in our lives. It helps us look beyond the surface to notice how past challenges or circumstances have woven together over time to form a beneficial outcome. It takes our eyes off our current concerns and reminds us that God has provided and will continue to provide. As you examine your day with thankfulness, consider how the people and things you are grateful for came to be. Perhaps a close friend was brought into your life at just the right time, or a job loss turned into an unexpected opportunity. Wednesday’s scriptures demonstrate the nature of God’s care for you and participation in your life now and in the future.

I experienced doubt, fear, obstacles, or setbacks in ...

Our lives are not free from pain, turmoil, loss, and setbacks in our journey to discovering and living out our God-given purpose. When we begin to experience our true identity in Christ, we may feel sudden and unexplainable doubt, fear, negative thoughts, or even discouragement and hurt from people around us.

Scripture gives us many reasons why we may encounter difficult and challenging circumstances. Jesus warned that “the thief comes only to steal and kill and destroy” (John 10:10 NIV). Recognizing and releasing fears and hurts is a crucial step to advancing in your purpose. Obstacles and setbacks can also occur because of our own choices. Sometimes we choose to go where God has told us not to go or give in to a temptation that leads to negative consequences. We may try to fill a need because we have the skill, but we don’t have the passion or calling. The Bible also tells us that God does allow testing and obstacles in our life so that we will grow and be prepared to take on the next phase of our life’s purpose. Finally, sometimes we experience failure or a painful experience outside our control, and there simply is no explanation for why God has allowed it to happen. God wants us to bring all these things to Him.

In this reflection, release the challenging experiences of the day. Assess the circumstances, evaluate your actions and choices, and carefully consider what you can learn from the situation. Thursday’s verses illustrate the ways in which God desires to guide you through fear, doubt, obstacles, and setbacks.

I remember my identity and strength because ...

God tells us that we are His “workmanship” (Ephesians 2:10 NKJV) and that “before I formed you in the womb I knew you, before you were born I set you apart” (Jeremiah 1:5 NIV). He wants us to constantly remember how valuable we are to Him and to be secure in who He designed us to be. Your unique combination of skills and abilities, your personality, and your unique characteristics are by God’s specific design.

In addition to designing us for purpose, God tells us, “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go” (Joshua 1:9 NIV). God does not want us to be timid in pursuing His dreams and purpose for us. He wants us to be strengthened and encouraged by the truth of His word, our trustworthy friends, and His physical and spiritual presence.

In this reflection, think about the wonderful qualities God has equipped you with and the many promises He has made to you in His word. Friday’s scriptures communicate how God sees you, loves you, values you, and strengthens you.

I saw God move today in ...

God is a real and living God who is tangible and observable. He directs us, “Ask and it will be given to you; seek and you will find” (Matthew 7:7 NIV). He is telling us to actively engage Him and to expect a response! God responds to us in many different forms. He speaks through scripture that connects with your heart and mind. He uses friends who reach out to you or provide you with prayerful advice when you share your concerns and questions with them. He gives you the right song at the right moment. He imparts hopes and dreams in you while you are awake and asleep. He may speak audibly in your ear, shout a repeating thought in your mind, or whisper deeply to your spirit. God also brings together unexplainable connections and experiences in your day or over time in your life that make His intervention visible and clear to you. Saturday’s verses illustrate God’s voice and His tangible actions to guide those who desire to be led by Him.

WEEK ONE

DESIGNED FOR PURPOSE

And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

Romans 8:28 (NASB)

You were created uniquely and perfectly to fill a role in this world. No one can replace the contributions you have to give to your family, your community, and the world. Each day, your purpose is being woven together and the God of the universe, your Good Father, is calling you to it. He is moving the pieces of your life and desires you to see it.

Exercise

Make a list of your skills, talents, and capabilities. Are you very good at a particular skill? What comes easily and naturally to you? What are your strengths? Is there something that you are very effective or efficient at doing? What do you enjoy doing? What characteristics do you bring to a task that others appreciate in you? You may wish to ask a friend or family member about their observations for additional perspective or take an online assessment. Place the list in front of you and pray to the Lord. Thank Him for the wonderful way He has designed you. Pray that He will reveal to you the talents and abilities He has given you and ask Him to show you how He wants you to use these gifts in the week ahead.

The week ahead

This week, begin to take notice of all the ways in which He has designed you and how He is guiding you. It could be through a conversation with a friend, through a spark that filled you with energy, or a nudge to action. Each evening, find a quiet place to reflect on your day. Consider the events of the day, the emotions you felt, and the thoughts that came into your mind. Consider whether using your talents and skills in an activity brought you joy or irritation. Evaluate where you felt your

mind, body, and spirit aligned in a task and where you felt you were compromising or moving in the wrong direction. Spend time in prayer asking God to help you see Him and hear Him throughout the week.

Notes



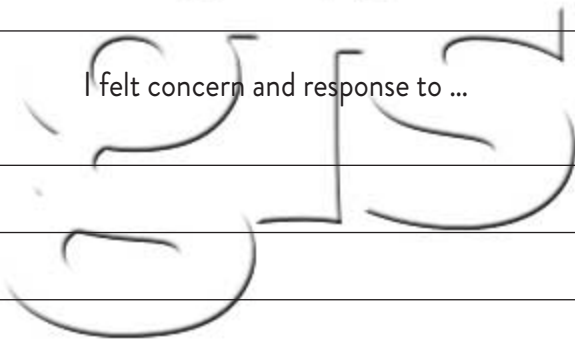
Date: _____

Week 1, Day 1

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...



SAMPLE

I felt gratitude for ...

*A cheerful heart is good medicine, but a
crushed spirit dries up the bones.
Proverbs 17:22 (NIV)*

I experienced doubt, fear, obstacles, or setbacks in ...



Handwriting practice lines for the first section.

I remember my identity and strength because ...

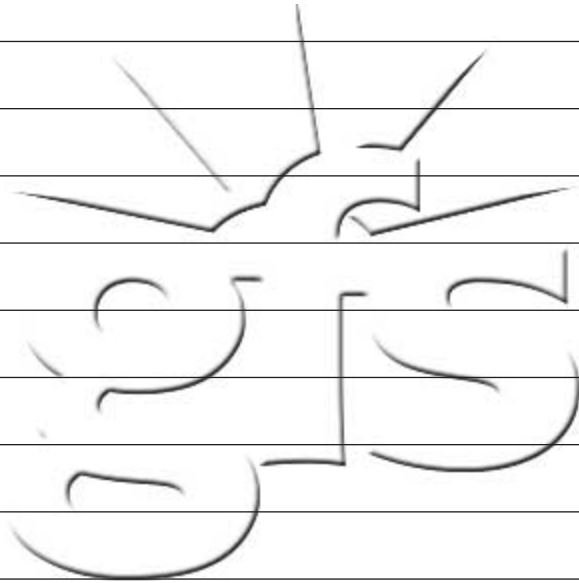
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I saw God move today in ...

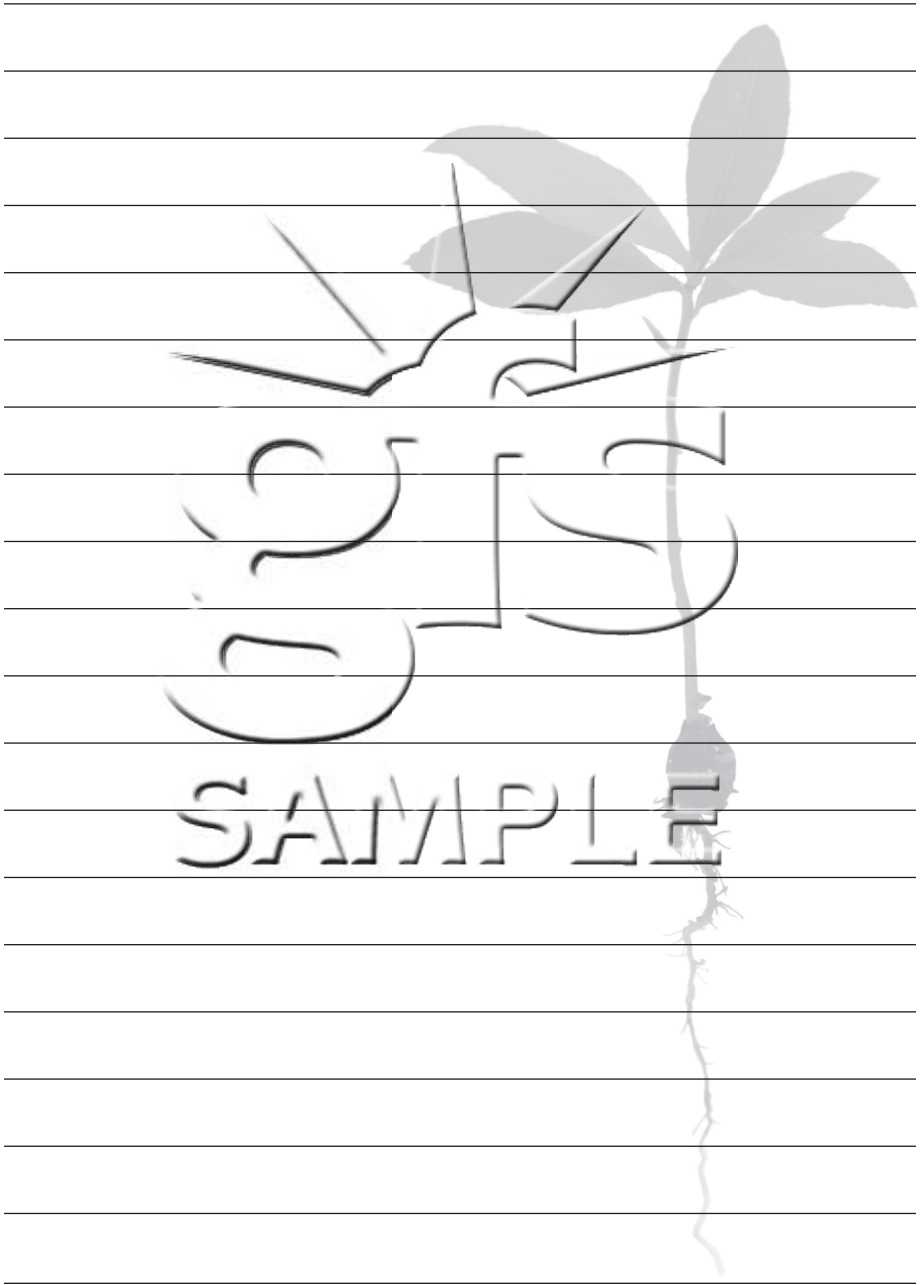
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Journaling and Prayer



SAMPLE

Journaling and Prayer



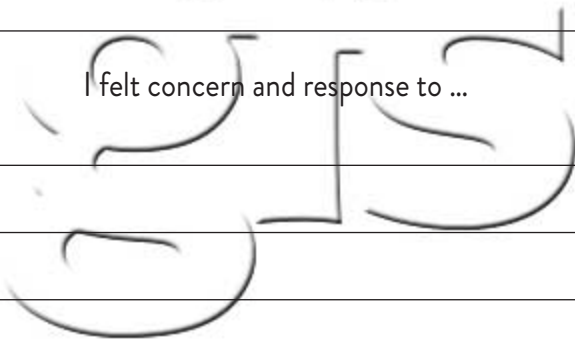
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Week 1, Day 2

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...

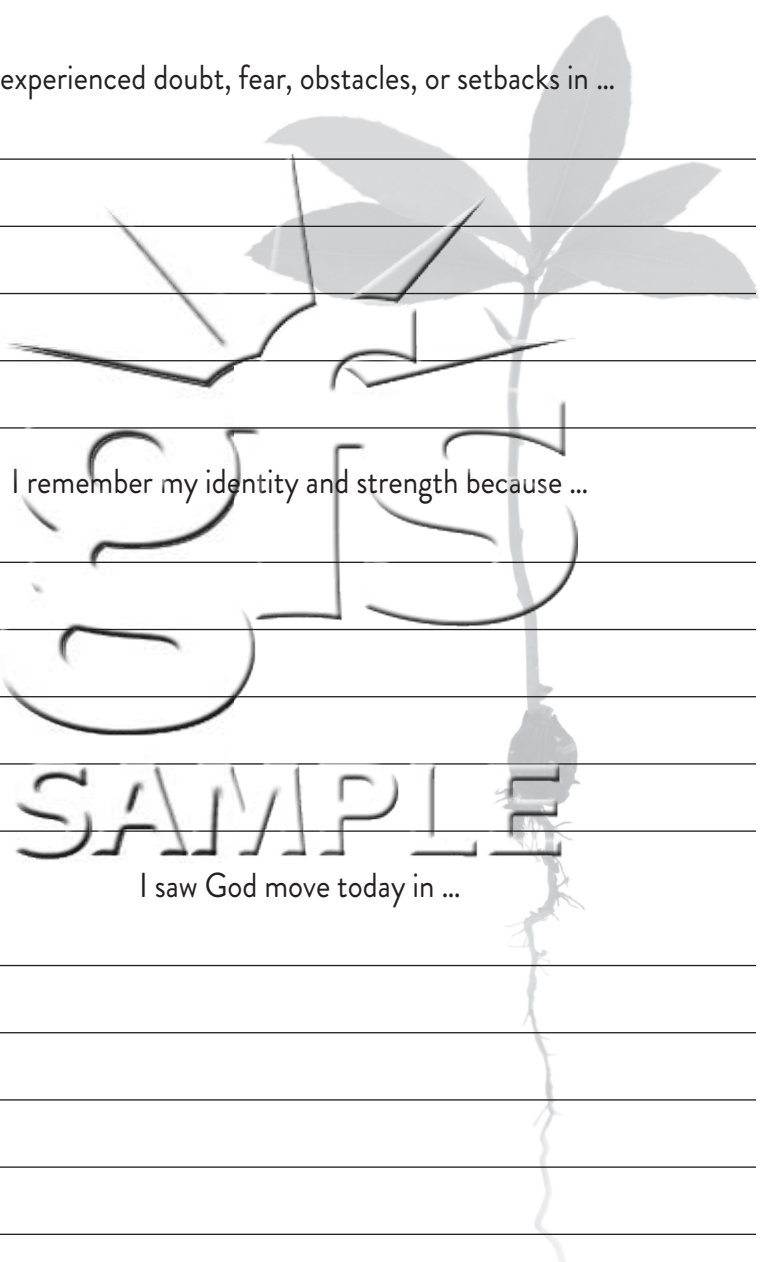


SAMPLE

I felt gratitude for ...

*As he approached Jerusalem and
saw the city, he wept over it.
Luke 19:41 (NIV)*

I experienced doubt, fear, obstacles, or setbacks in ...

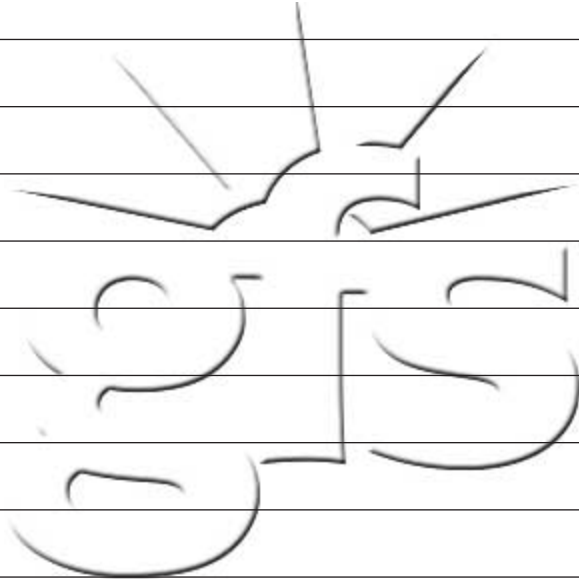


I remember my identity and strength because ...

SAMPLE

I saw God move today in ...

Journaling and Prayer



SAMPLE

Journaling and Prayer

The page features a series of horizontal lines for journaling. A faint, light gray illustration of a plant with several leaves and a root system is centered on the page. The word "SAMPLE" is written in a large, stylized, outlined font across the middle of the page, partially overlapping the plant's stem and leaves.

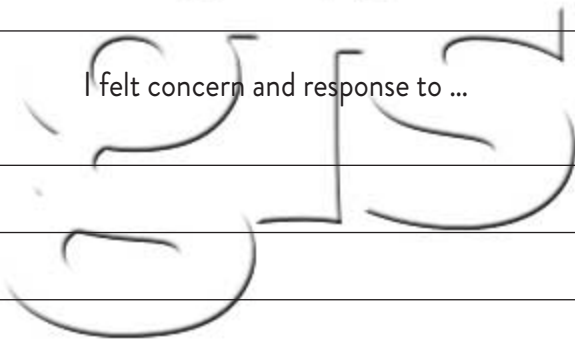
Date: _____

Week 1, Day 3

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...



SAMPLE

I felt gratitude for ...

*Every good and perfect gift is from above,
coming down from the Father of the heavenly lights,
who does not change like shifting shadows.*

James 1:17 (NIV)

I experienced doubt, fear, obstacles, or setbacks in ...

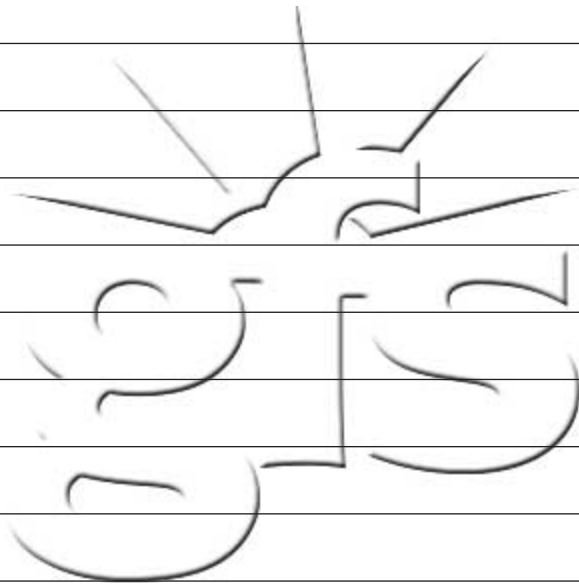


I remember my identity and strength because ...

SAMPLE

I saw God move today in ...

Journaling and Prayer



SAMPLE

Journaling and Prayer

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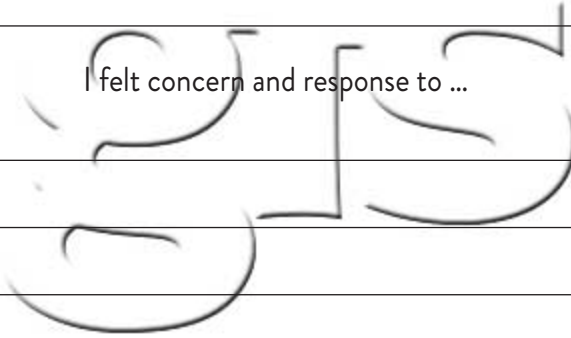
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Week 1, Day 4

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...

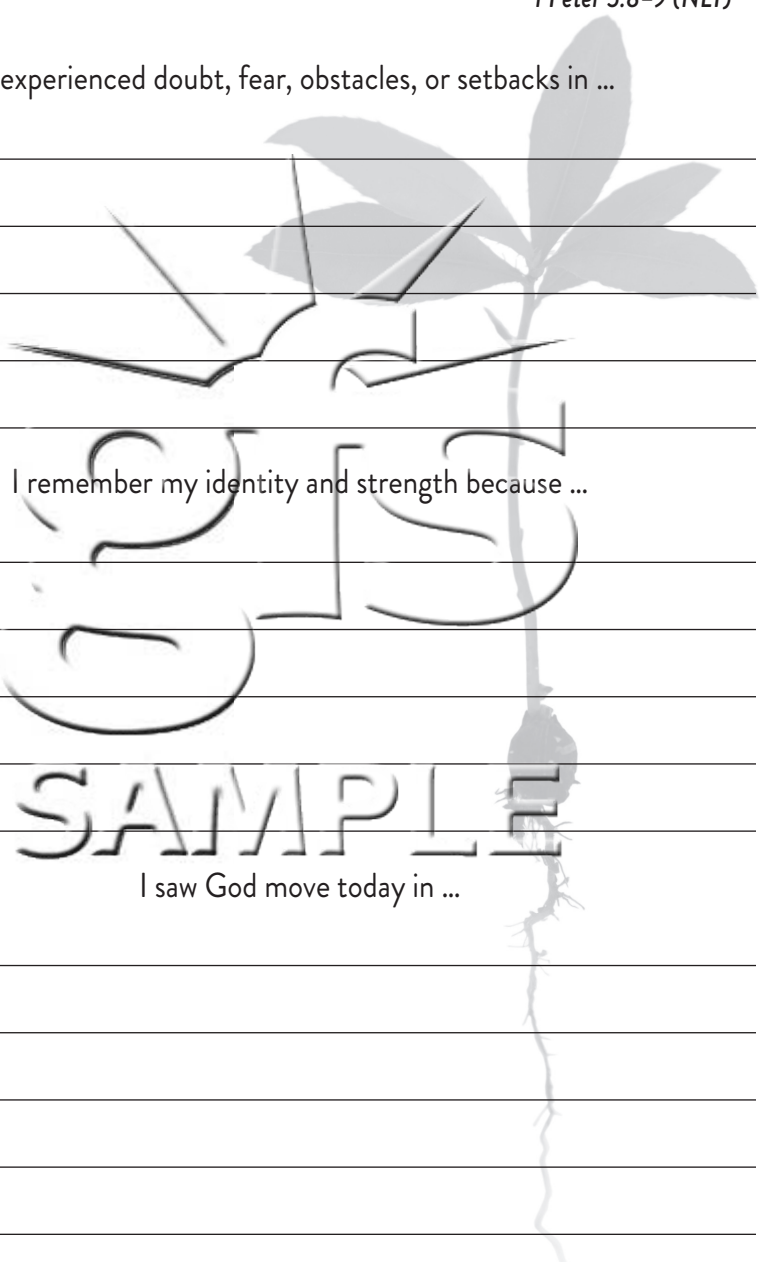


I felt gratitude for ...

*Stay alert! Watch out for your great enemy, the devil.
He prowls around like a roaring lion, looking for someone
to devour. Stand firm against him, and be strong in your faith.*

1 Peter 5:8-9 (NLT)

I experienced doubt, fear, obstacles, or setbacks in ...



I remember my identity and strength because ...

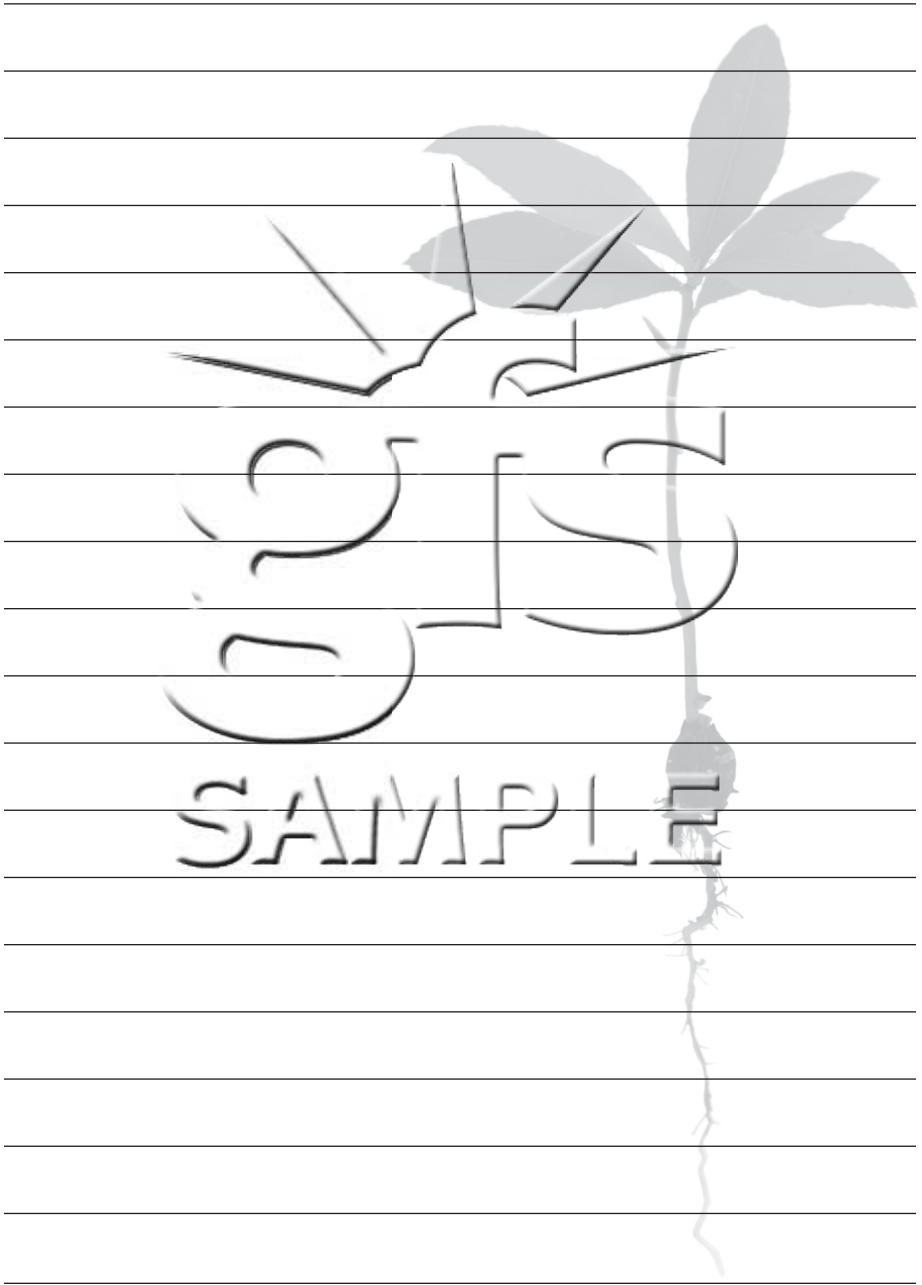
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I saw God move today in ...

Journaling and Prayer



Journaling and Prayer



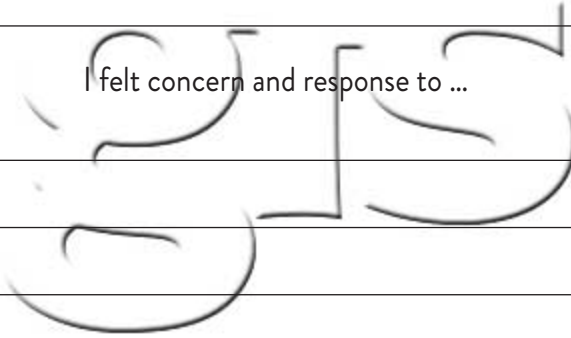
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Week 1, Day 5

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...

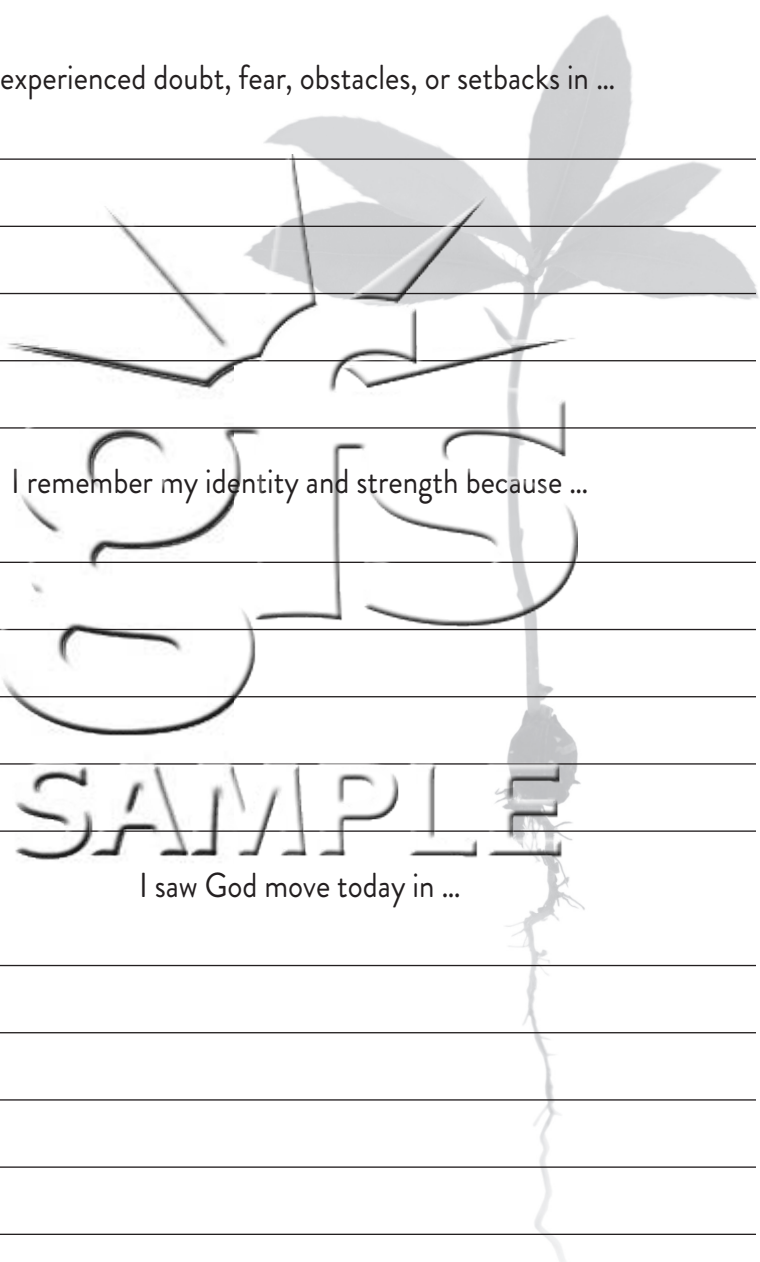


SAMPLE

I felt gratitude for ...

*Thank you for making me so wonderfully complex!
Your workmanship is marvelous—how well I know it.
Psalms 139:14 (NLT)*

I experienced doubt, fear, obstacles, or setbacks in ...

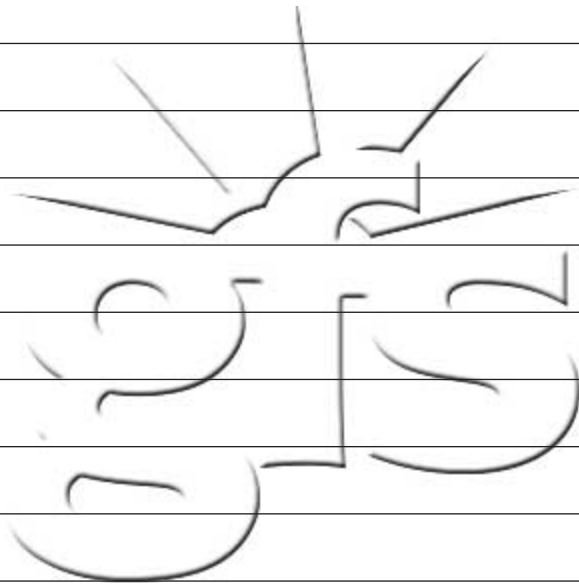


I remember my identity and strength because ...

SAMPLE

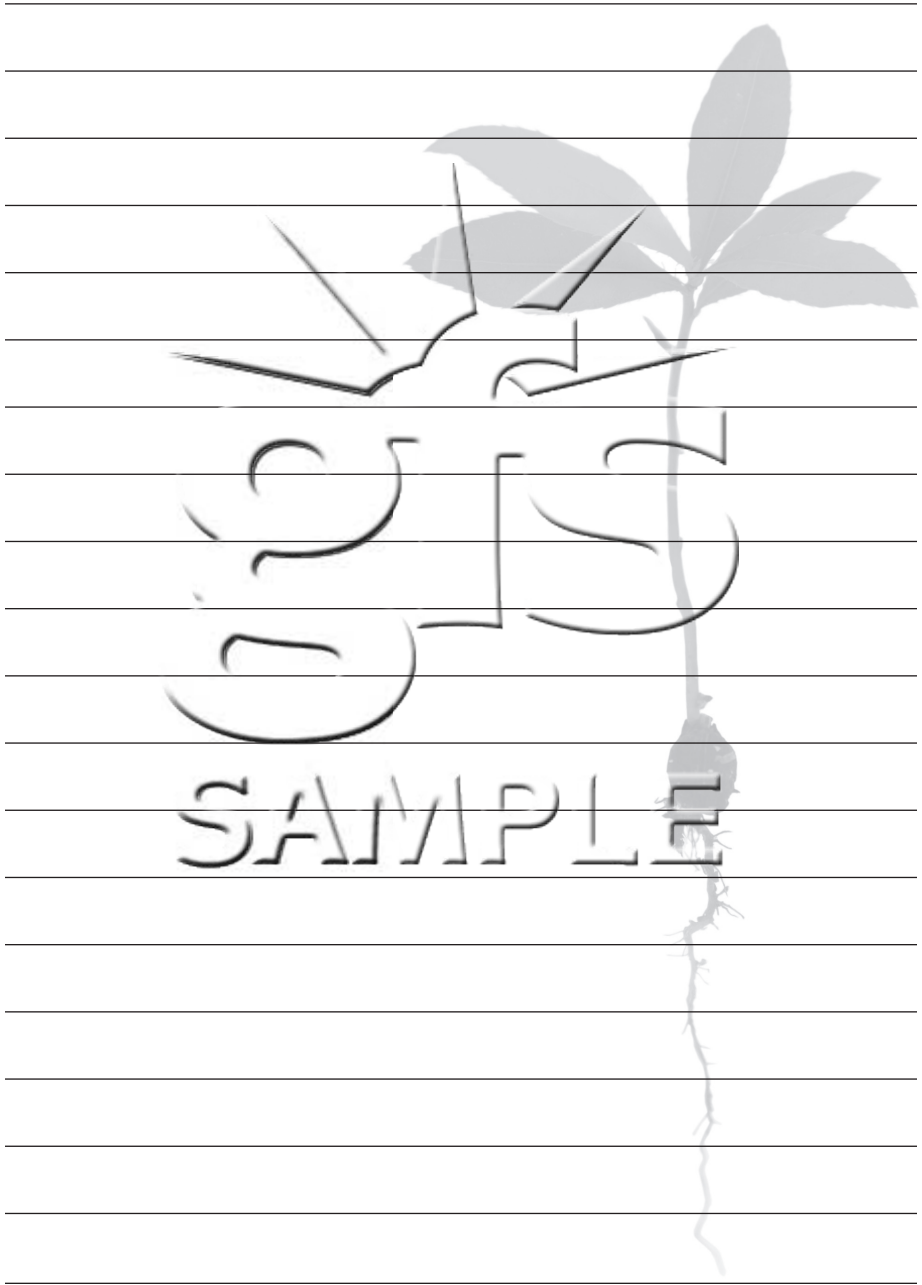
I saw God move today in ...

Journaling and Prayer



SAMPLE

Journaling and Prayer



The page features a vertical column of horizontal lines for writing. A faint, light-colored illustration of a plant is centered on the page. The plant has a thick, rounded root system with smaller roots extending downwards. The stem is thin and rises to a cluster of five leaves. The word "SAMPLE" is written in a simple, blocky font across the middle of the page, overlapping the lines and the plant illustration.

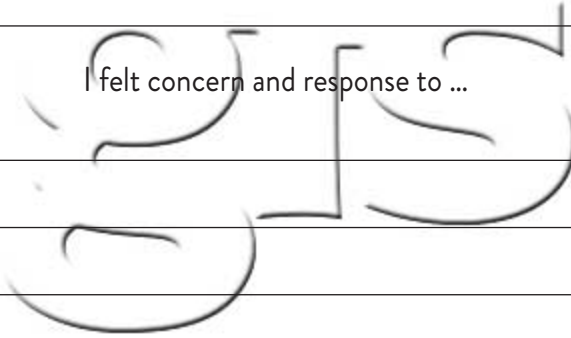
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Week 1, Day 6

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...



I felt gratitude for ...

*Then you will call on me and come and pray to me,
and I will listen to you. You will seek me and find me
when you seek me with all your heart.*

Jeremiah 29:12-13 (NIV)

I experienced doubt, fear, obstacles, or setbacks in ...

I remember my identity and strength because ...

SAMPLE

I saw God move today in ...



Journaling and Prayer



Journaling and Prayer

A vertical page with horizontal ruling lines for journaling. A faint illustration of a seedling with roots and leaves is overlaid on the page. The word "SAMPLE" is printed in a stylized font across the middle of the page.

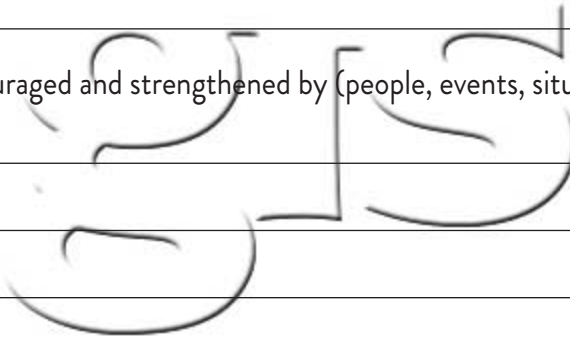
Date: _____

Week 1, Day 7

Reoccurring events, emotions, thoughts, words ...



I felt encouraged and strengthened by (people, events, situations) ...



SAMPLE

I encouraged others by ...

Sow your seed in the morning, and at evening let your hands not be idle, for you do not know which will succeed, whether this or that, or whether both will do equally well.

Ecclesiastes 11:6 (NIV)

I am sensing a direction toward or away from ...

Next week I will be intentional to ...

SAMPLE

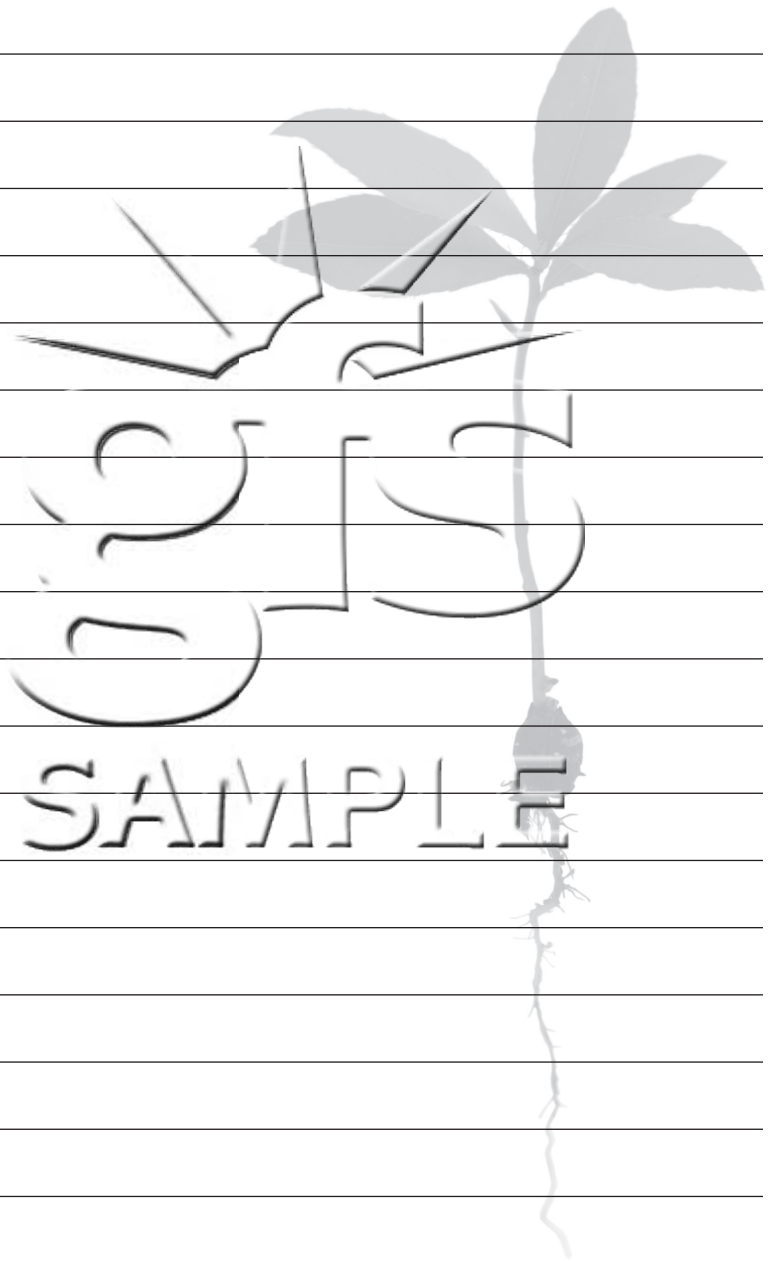
Prayer for guidance and direction in ...



Journaling and Prayer



Journaling and Prayer



WEEK TWO

SUBMITTING YOUR PURPOSE

I will instruct you and teach you in the way you should go;

I will counsel you with my loving eye on you.

Psalm 32:8 (NIV)

God promises to instruct and teach you in His purpose for you. He is not a God who keeps Himself from you or is distant. Throughout your day, He is counseling you on the direction to take, building your senses to recognize the good desires He has given you, and making you sensitive to the world around you. He is teaching you to discern as you seek Him, and when you make a mistake, He lovingly guides you back to His path for you.

Exercise

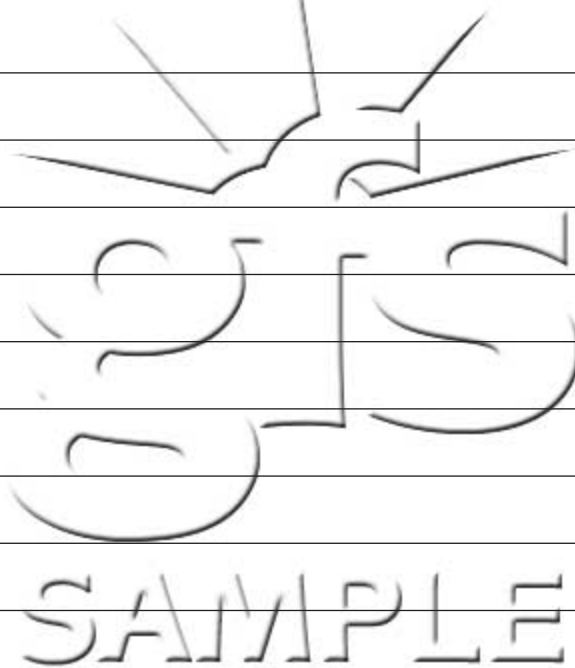
Make a list of the significant choices you have made in your life. What choices have led to positive outcomes for you and what choices have led to difficult consequences? Evaluate the underlying factors that led you to make each choice. What desire were you seeking to fulfill? Who influenced your thinking and emotions in the decision? Did you see signals along the way that you ignored or acted upon? Place this list in front of you. Pray to the Lord, thanking Him for the good outcomes in your life and for the people who care about you and help you make good decisions. Ask Him for forgiveness and healing for your choices that have led to difficulties and pain. Accept His fresh start for you, tell Him that you want His counsel in your life, and ask Him for the strength to follow His direction.

The week ahead

This week, evaluate the small and large choices you are making each day as you work through your reflections. Pray to the Lord each morning and before each decision, asking Him to align your decision-making with His purpose for you. As you observe the real-time outcomes of current and prior choices, consider what

signals, feelings, or nudges you noticed before, during, and after the decision. In prayer, express your gratitude for His leading or ask for forgiveness as you seek His gentle correction. Each evening, find a quiet place to reflect on your day and the choices you made, considering the mental, physical, and emotional factors that contributed to your decision-making. Prayerfully ask the Lord for His blessing and guidance as you bring your decisions to Him.

Notes



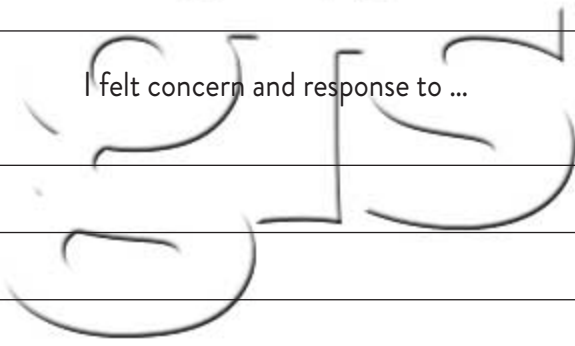
Date: _____

Week 2, Day 1

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...



SAMPLE

I felt gratitude for ...

*Take delight in the LORD, and he
will give you the desires of your heart.*

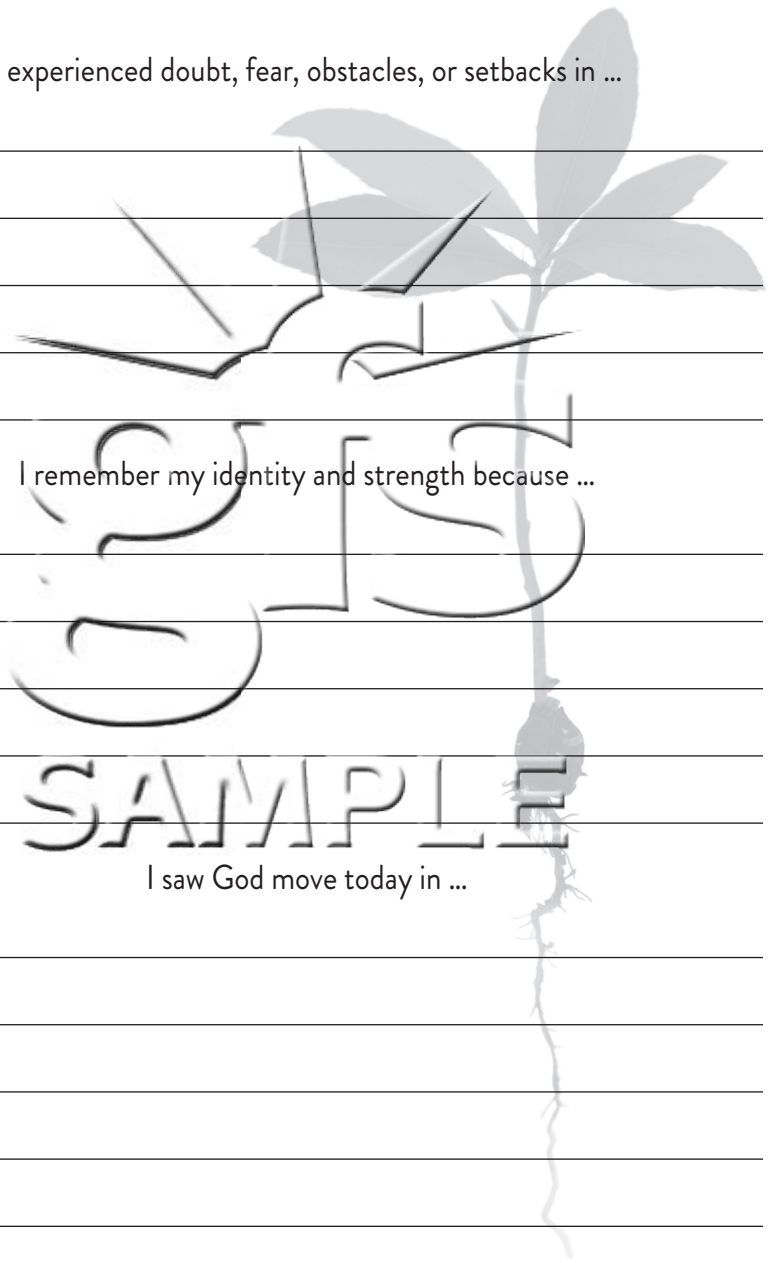
Psalm 37:4 (NIV)

I experienced doubt, fear, obstacles, or setbacks in ...

I remember my identity and strength because ...

SAMPLE

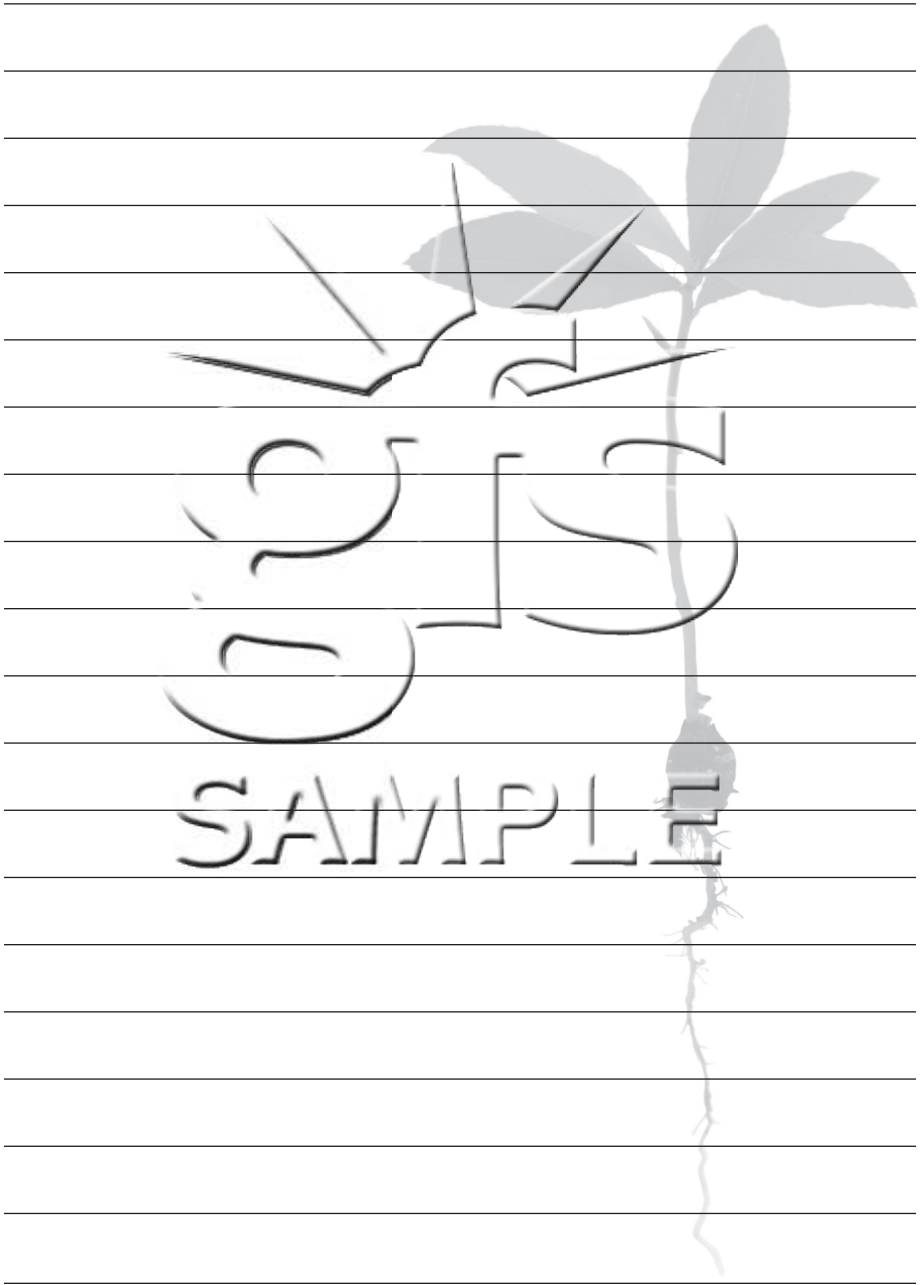
I saw God move today in ...



Journaling and Prayer



Journaling and Prayer



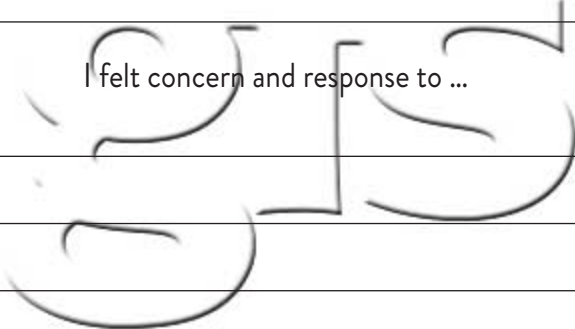
Date: _____

Week 2, Day 2

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...



SAMPLE

I felt gratitude for ...

*Do not be overcome by evil,
but overcome evil with good.
Romans 12:21 (NIV)*

I experienced doubt, fear, obstacles, or setbacks in ...

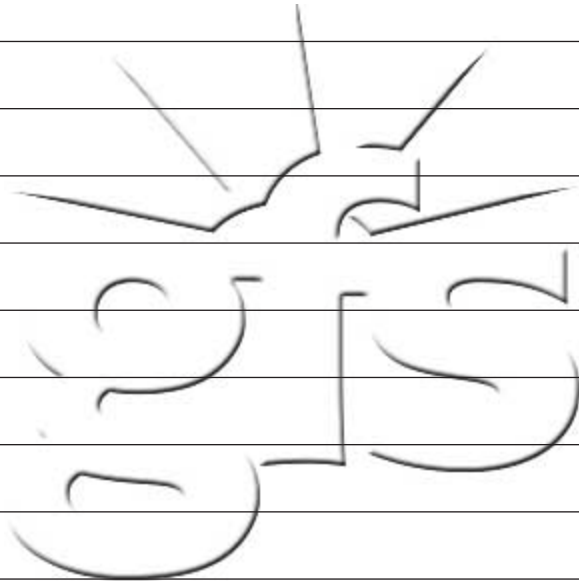


I remember my identity and strength because ...

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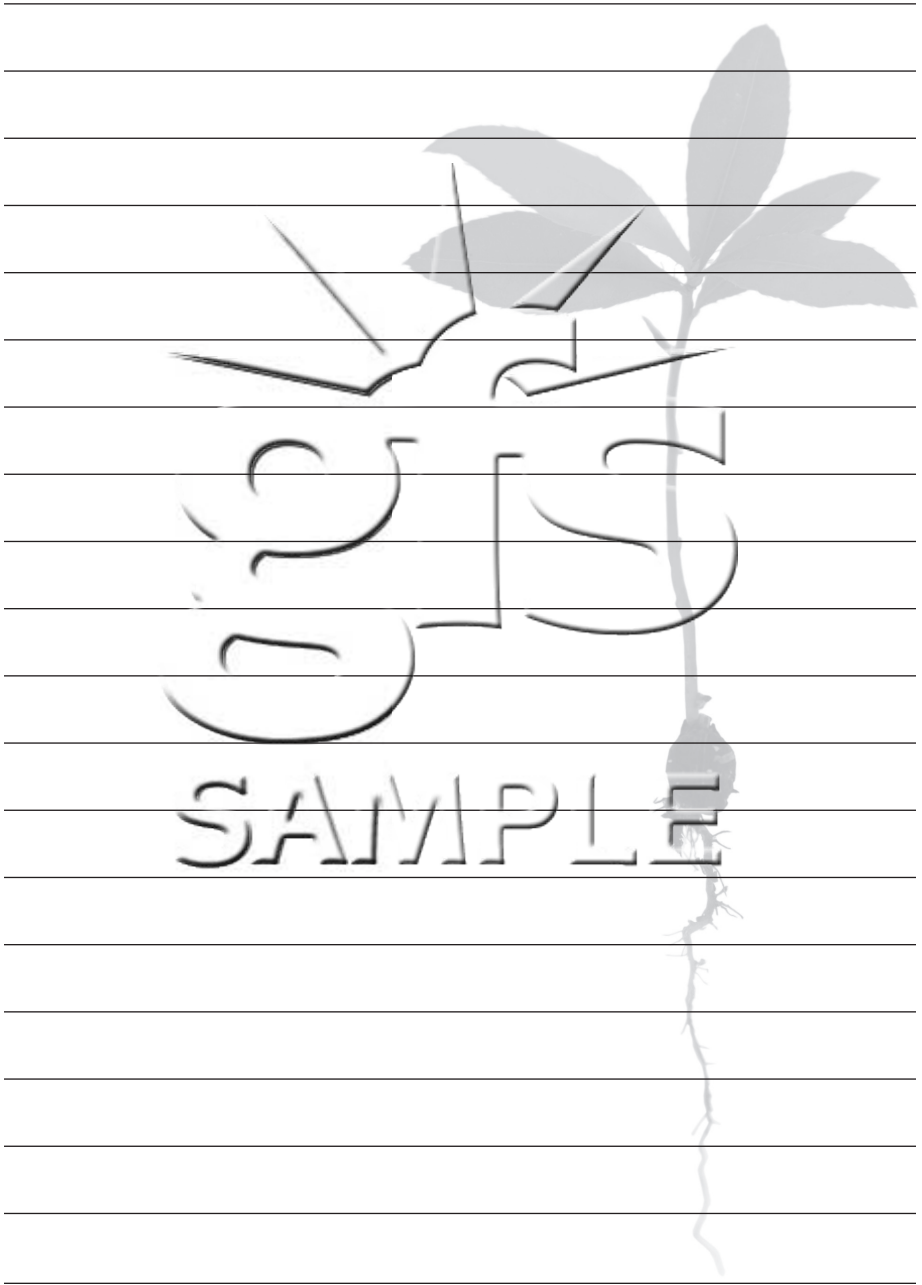
I saw God move today in ...

Journaling and Prayer



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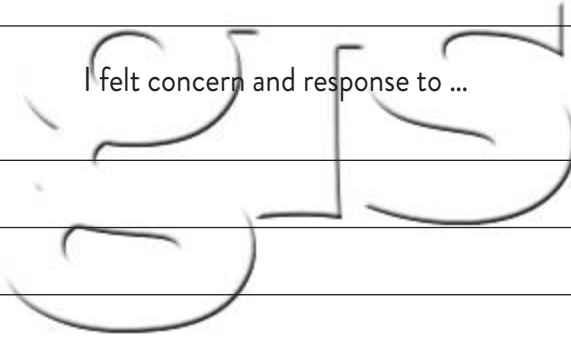
Date: _____

Week 2, Day 3

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...



I felt gratitude for ...

*Give thanks in all circumstances;
for this is God's will for you in Christ Jesus.
1 Thessalonians 5:18 (NIV)*

I experienced doubt, fear, obstacles, or setbacks in ...

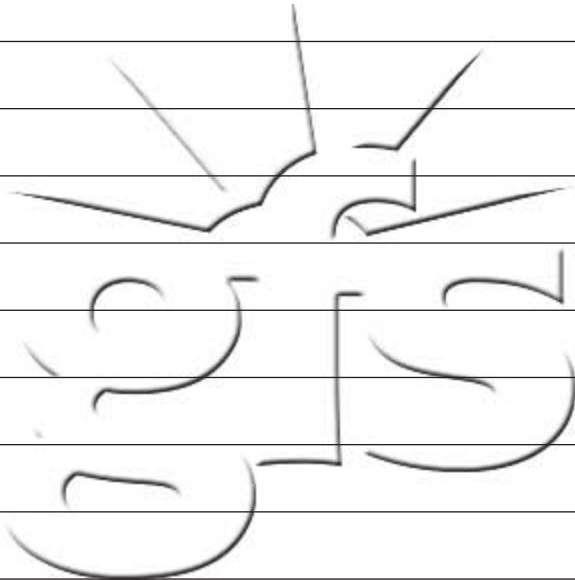


I remember my identity and strength because ...

SAMPLE

I saw God move today in ...

Journaling and Prayer



SAMPLE

Journaling and Prayer

A vertical stack of horizontal lines for journaling. Overlaid on the lines is a faint illustration of a plant with several leaves and a root system. The word "SAMPLE" is written in a stylized, outlined font across the middle of the page, partially overlapping the plant's stem and roots.

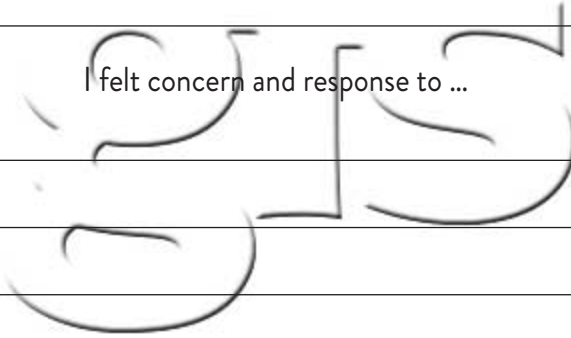
Date: _____

Week 2, Day 4

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...



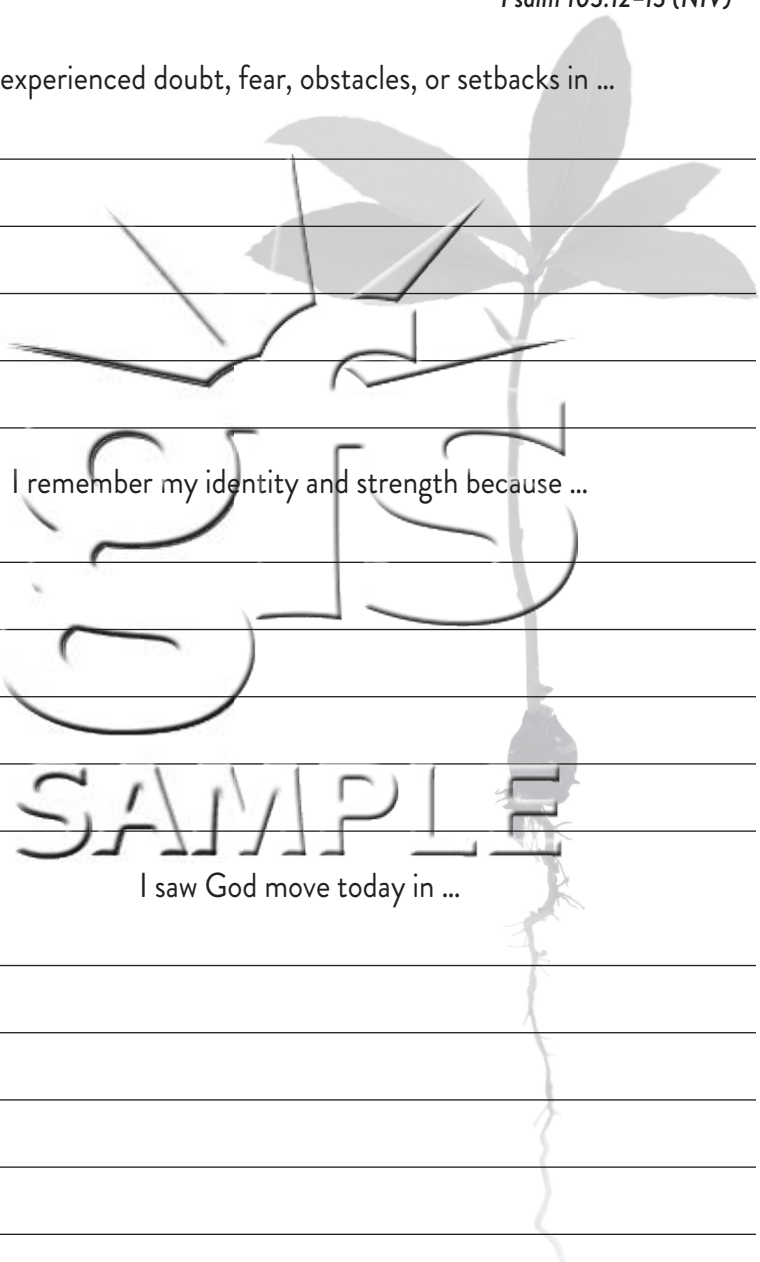
SAMPLE

I felt gratitude for ...

As far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the LORD has compassion on those who fear him.

Psalm 103:12-13 (NIV)

I experienced doubt, fear, obstacles, or setbacks in ...



I remember my identity and strength because ...

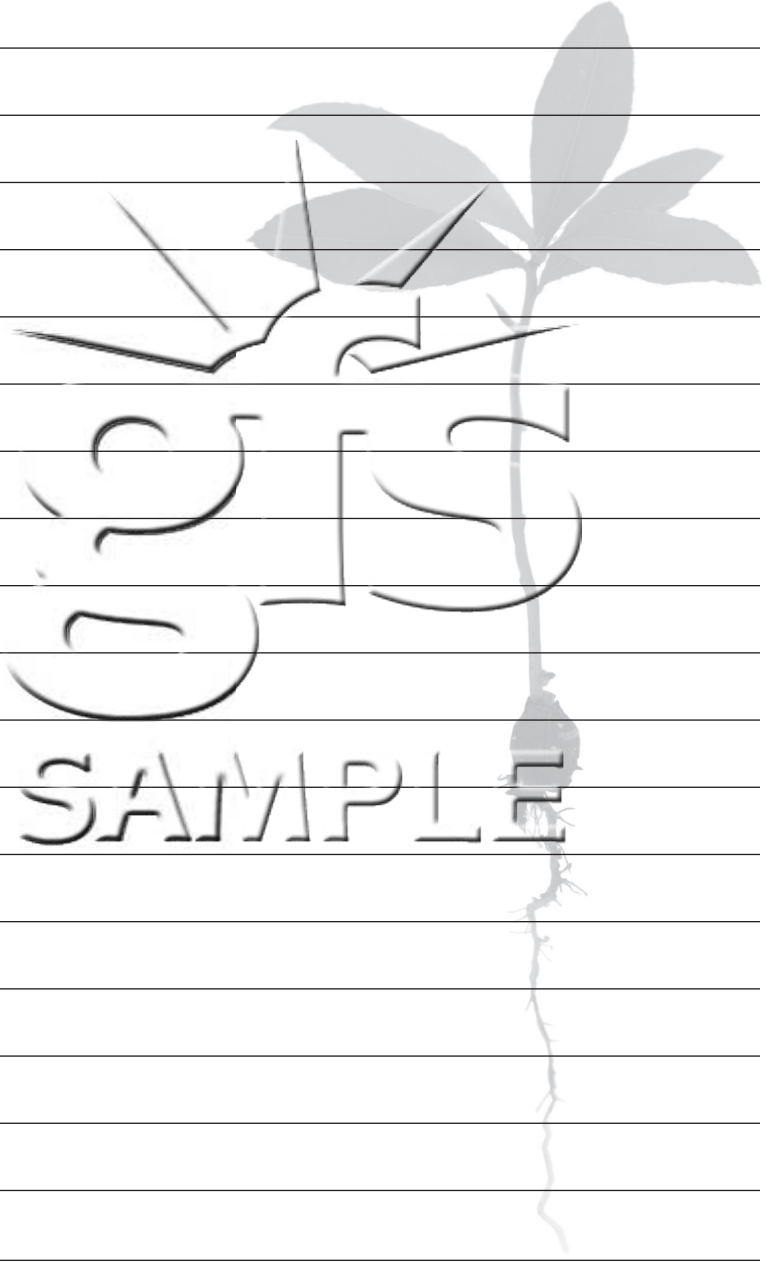
SAMPLE

I saw God move today in ...

Journaling and Prayer



Journaling and Prayer



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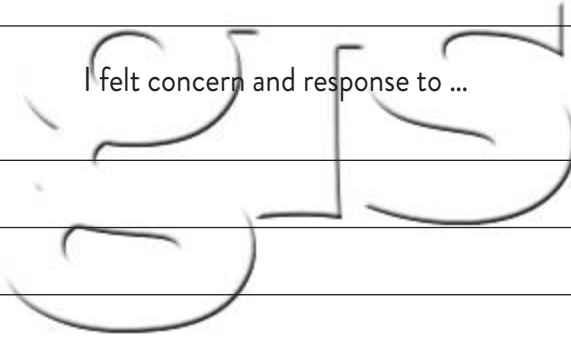
Date: _____

Week 2, Day 5

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...

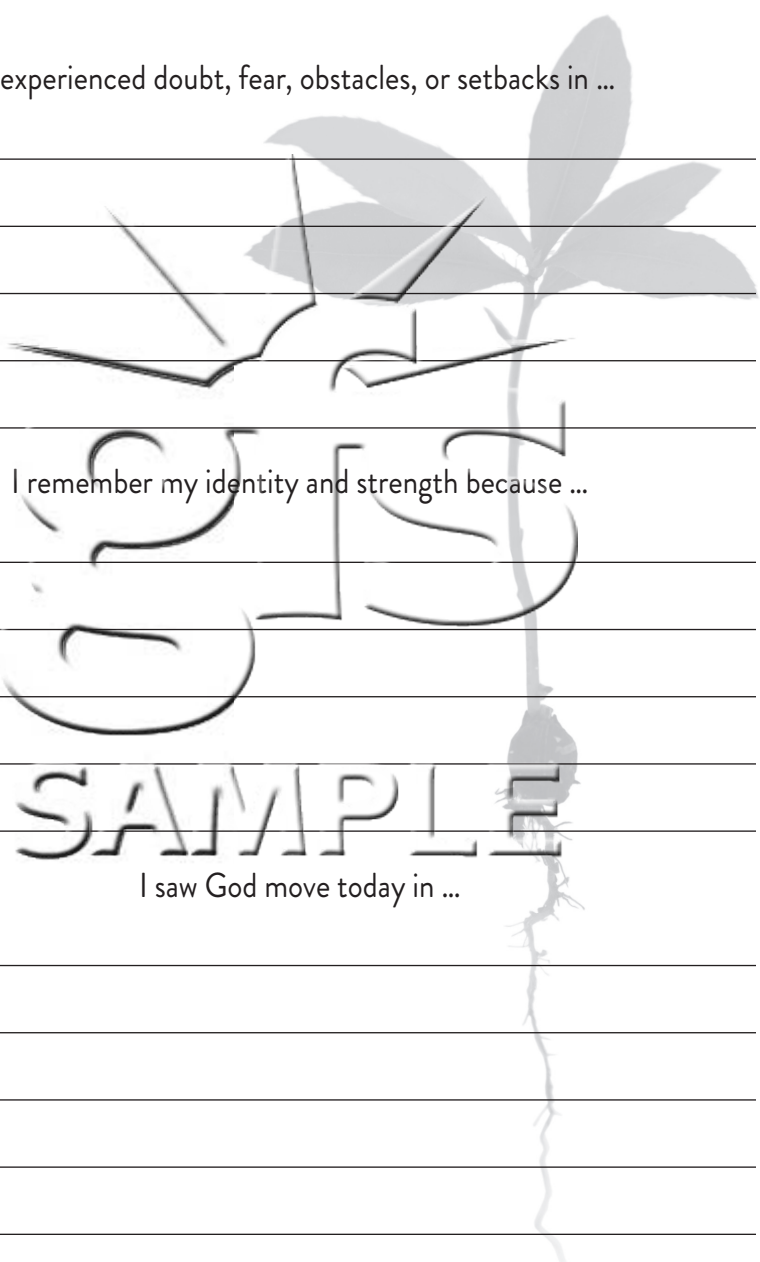


SAMPLE

I felt gratitude for ...

*For God has not given us a spirit of fear and timidity,
but of power, love, and self-discipline.
2 Timothy 1:7 (NLT)*

I experienced doubt, fear, obstacles, or setbacks in ...

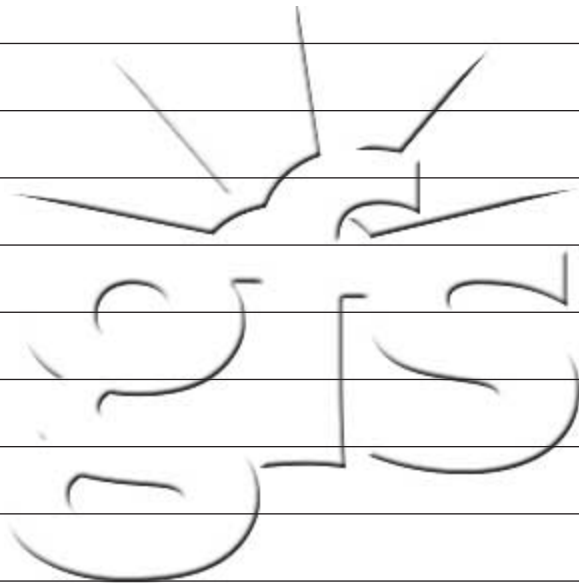


I remember my identity and strength because ...

SAMPLE

I saw God move today in ...

Journaling and Prayer



SAMPLE

Journaling and Prayer

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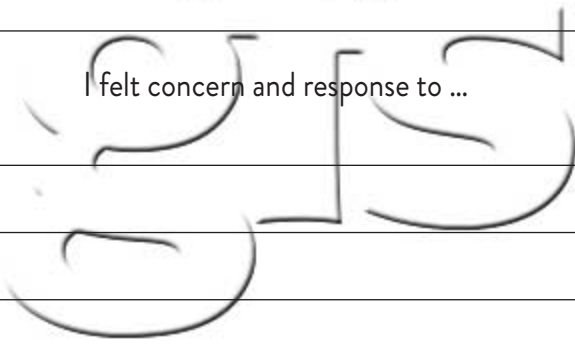
Date: _____

Week 2, Day 6

I found joy, happiness, and fulfillment in ...



I felt concern and response to ...



SAMPLE

I felt gratitude for ...

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”

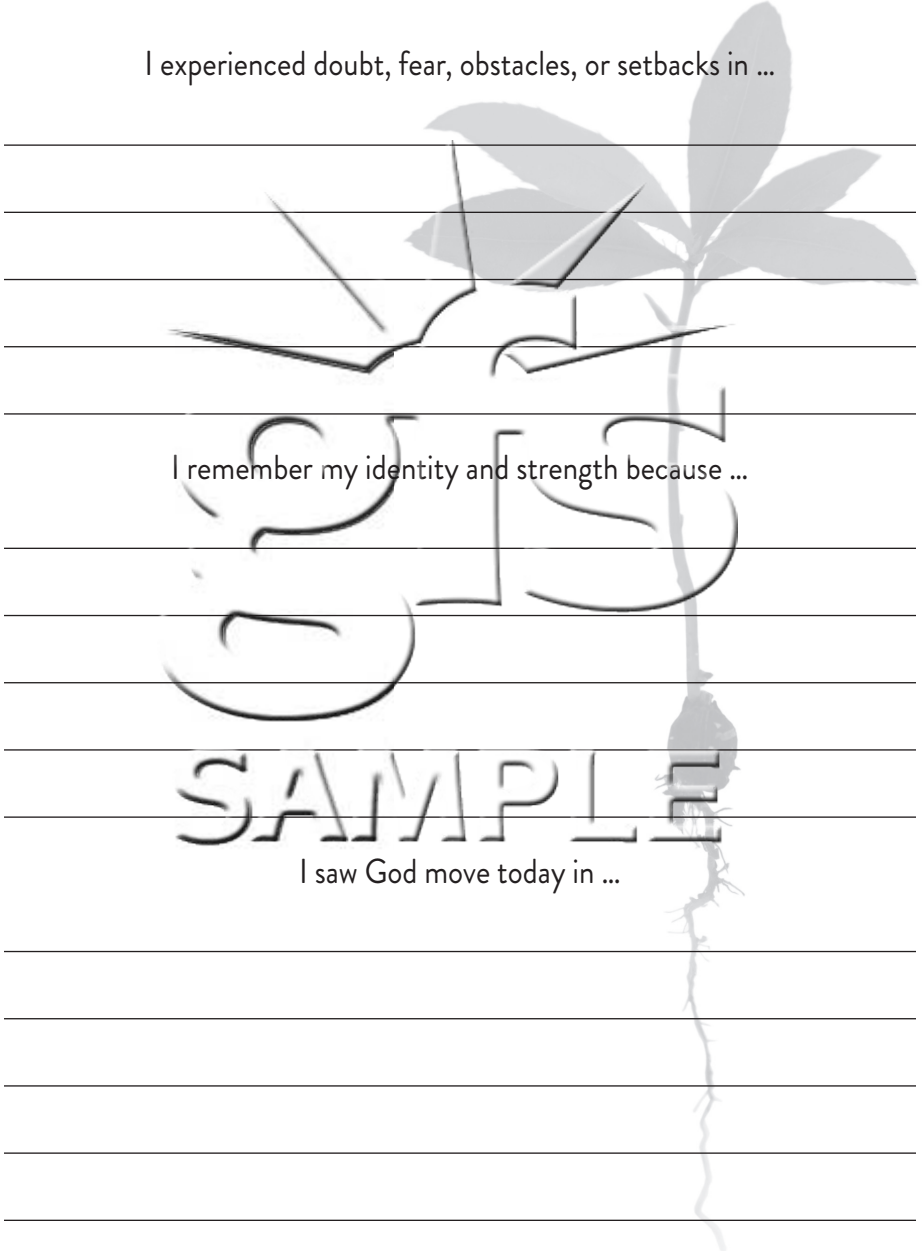
Matthew 7:7-8 (NIV)

I experienced doubt, fear, obstacles, or setbacks in ...

I remember my identity and strength because ...

SAMPLE

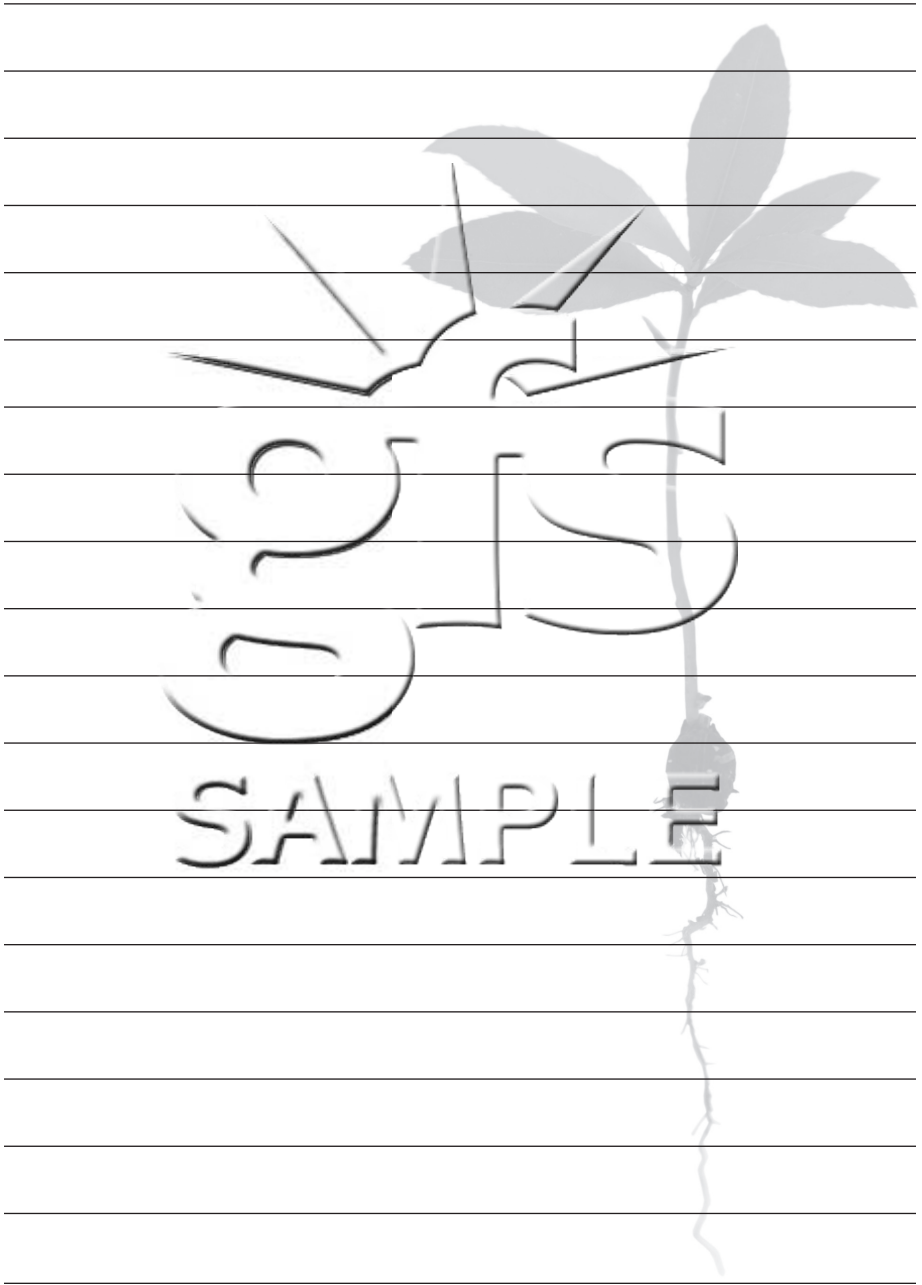
I saw God move today in ...



Journaling and Prayer



Journaling and Prayer



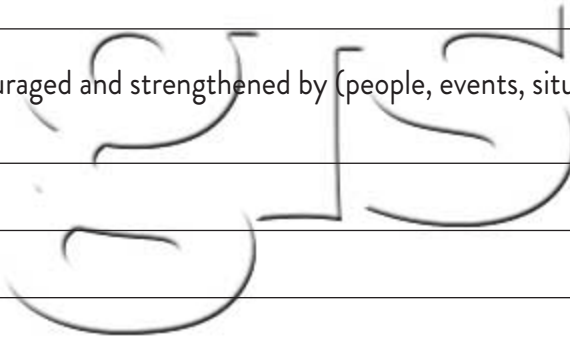
Date: _____

Week 2, Day 7

Reoccurring events, emotions, thoughts, words ...



I felt encouraged and strengthened by (people, events, situations) ...



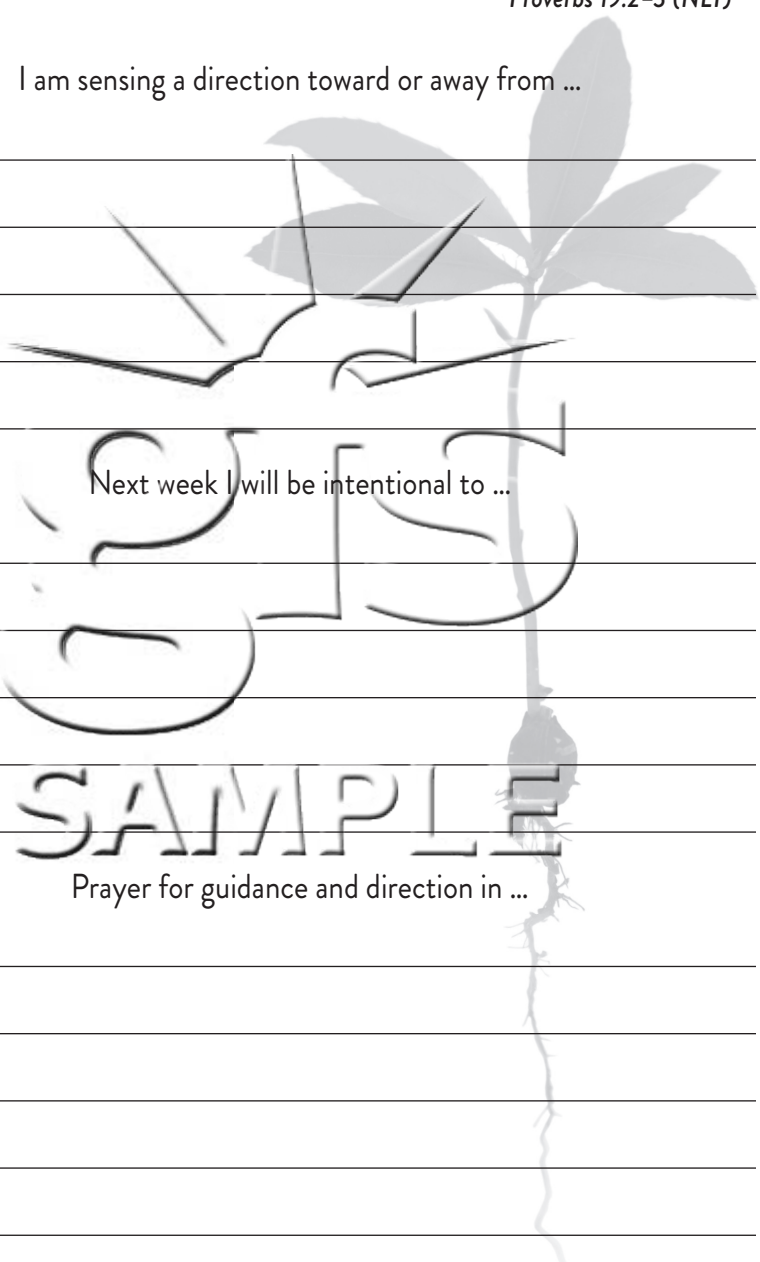
SAMPLE

I encouraged others by ...

Enthusiasm without knowledge is no good; haste makes mistakes. People ruin their lives by their own foolishness and then are angry at the LORD.

Proverbs 19:2-3 (NLT)

I am sensing a direction toward or away from ...



Next week I will be intentional to ...

SAMPLE

Prayer for guidance and direction in ...

Journaling and Prayer



Journaling and Prayer

The page features a series of horizontal lines for journaling. A faint, light gray illustration of a plant with several leaves and a root system is centered on the page. The word "SAMPLE" is written in a large, stylized, outlined font across the middle of the page, partially overlapping the plant's stem and roots.

YOUR PURPOSE JOURNEY IS JUST BEGINNING

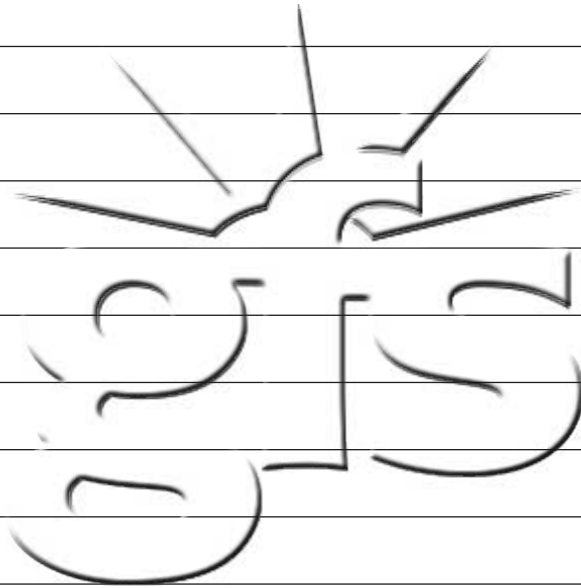
“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

Isaiah 43:19 (NIV)

Today. This day. You have opened the door to walk a path of purpose toward your destiny, with Jesus leading you and walking with you. This journey is life-long and eternal. It will include times of excitement and thrill as if a current is sweeping you forward. It will also include times of challenge and testing, and you will feel as though a mountain stands in front of you. Through it all, continue the discipline of putting God's will first through the skills you have developed these past four weeks. Revisit these practices when you encounter uncertainty or when you feel distant from the Lord. Remember the scriptures you have learned and hold them in your heart and mind as you walk in your purpose. Remain in the Lord and watch how He will continue to confirm your purpose and give you the next assignment that He has already prepared for you. Revisit your purpose statements and plans often to stay in alignment with the Lord as He refines you, builds you, and leads you. As you move forward, use the remaining journal pages to record your new experiences and bring your decisions to your heavenly Father in prayer.

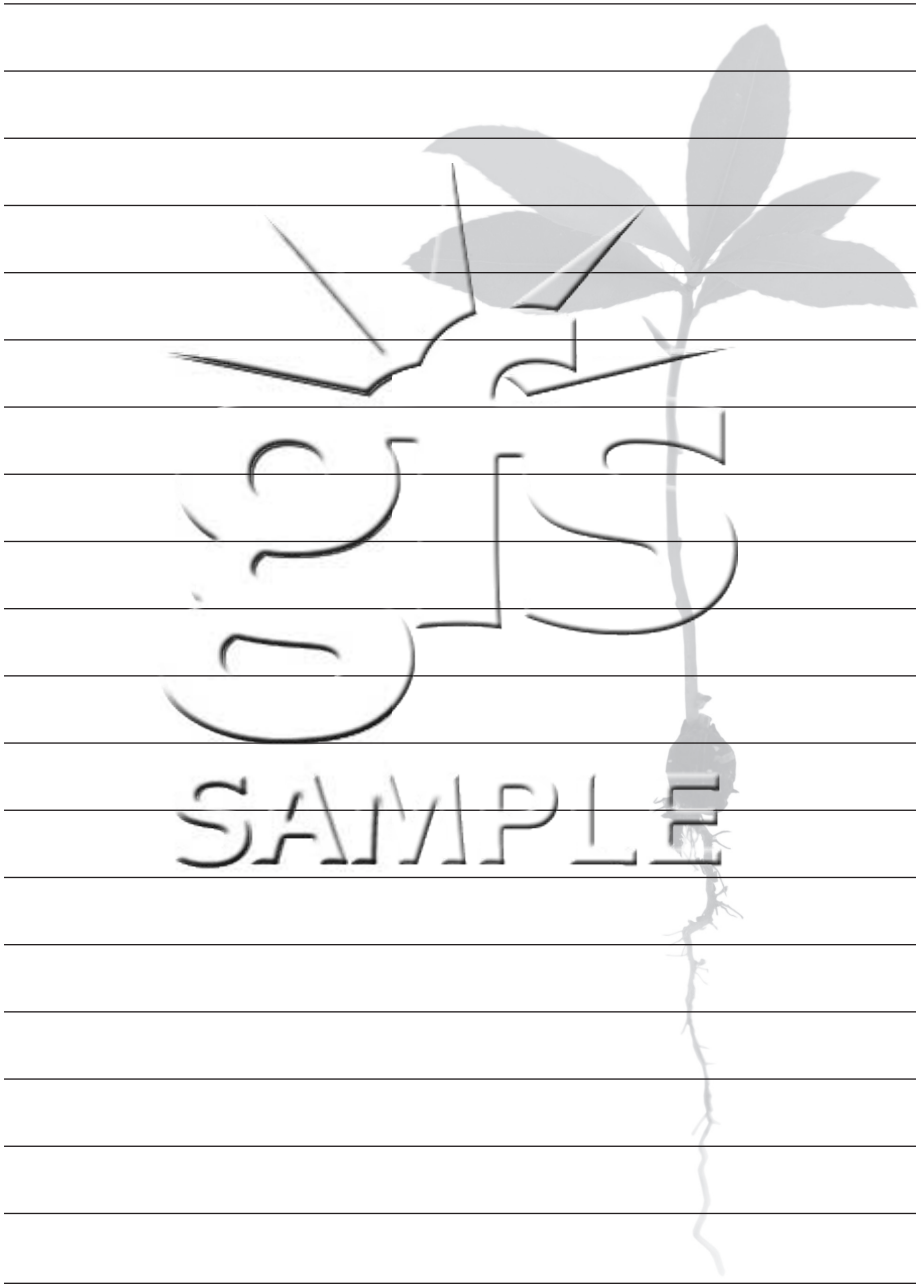
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Journaling and Prayer

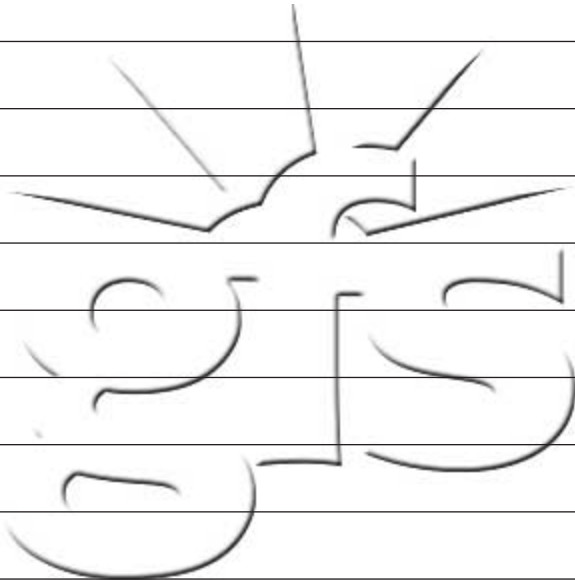


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Journaling and Prayer

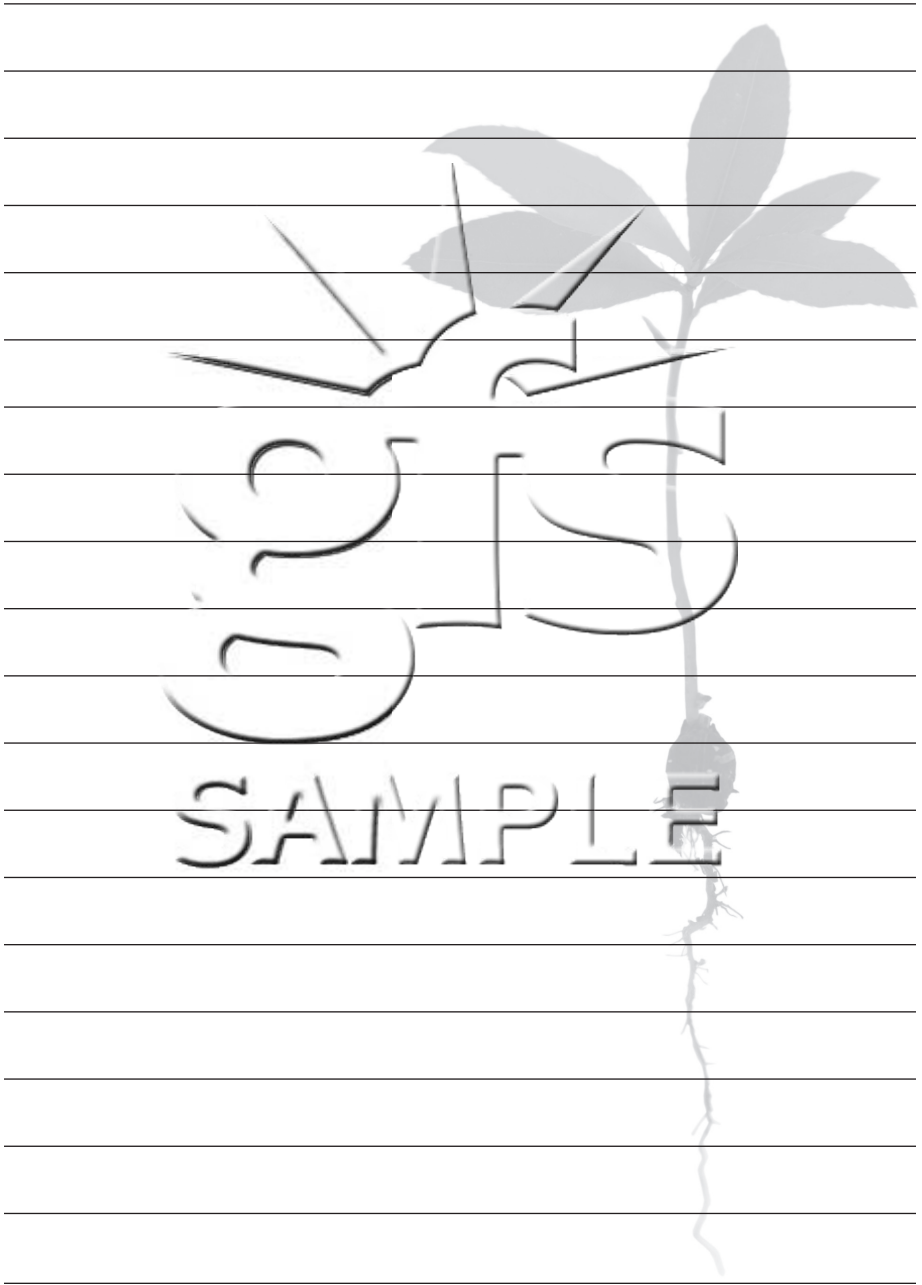


Journaling and Prayer

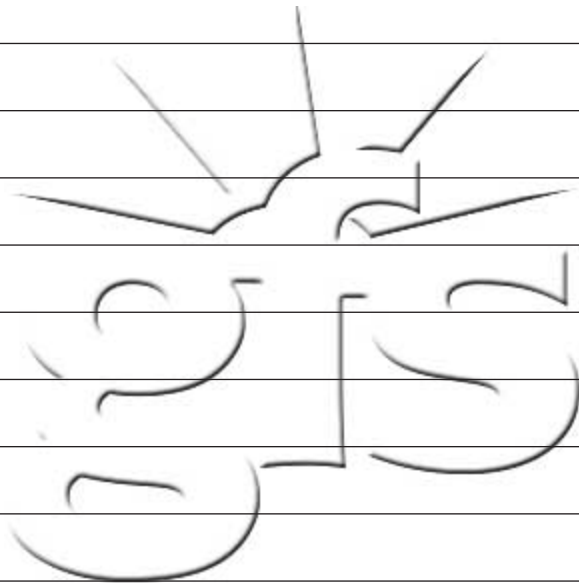


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Journaling and Prayer

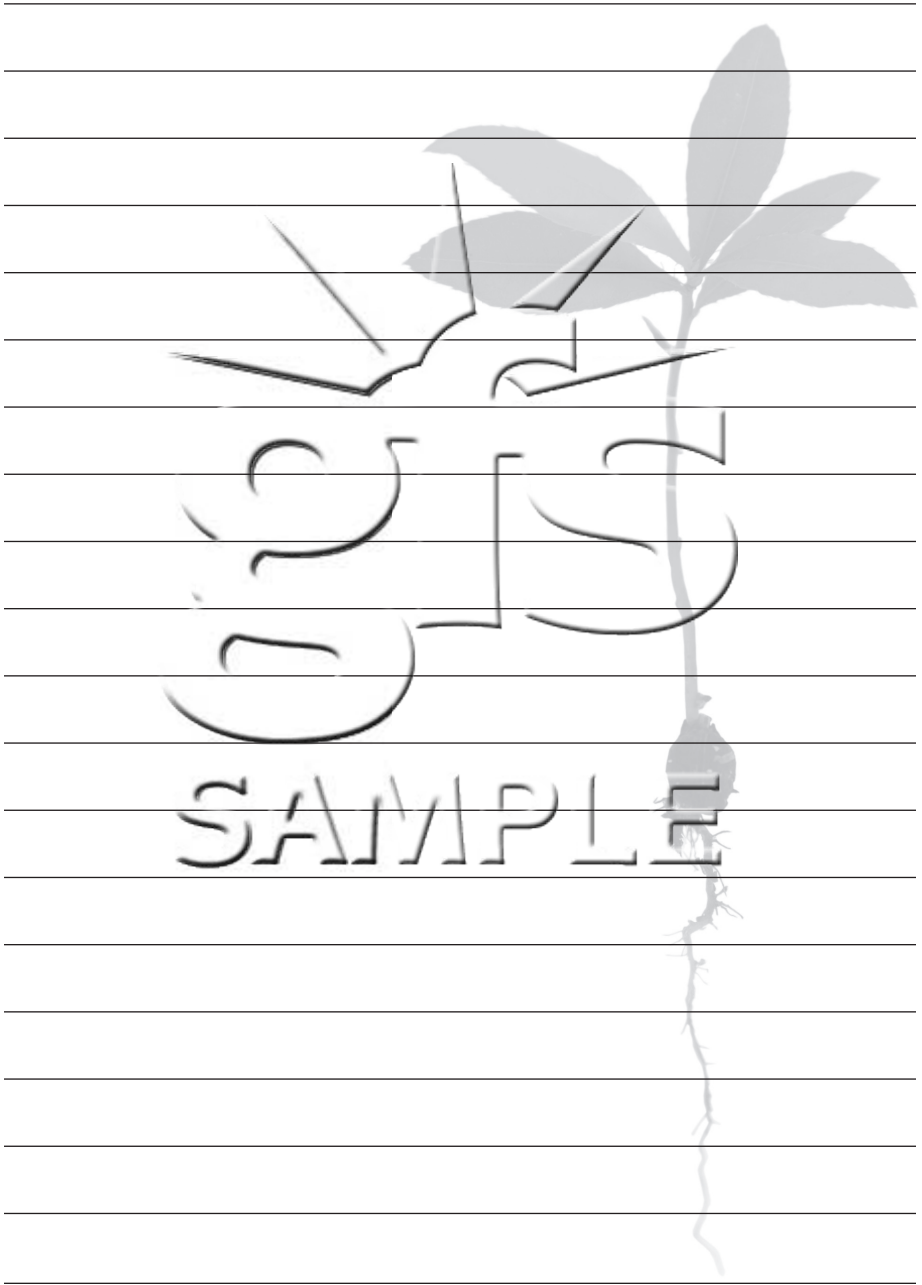


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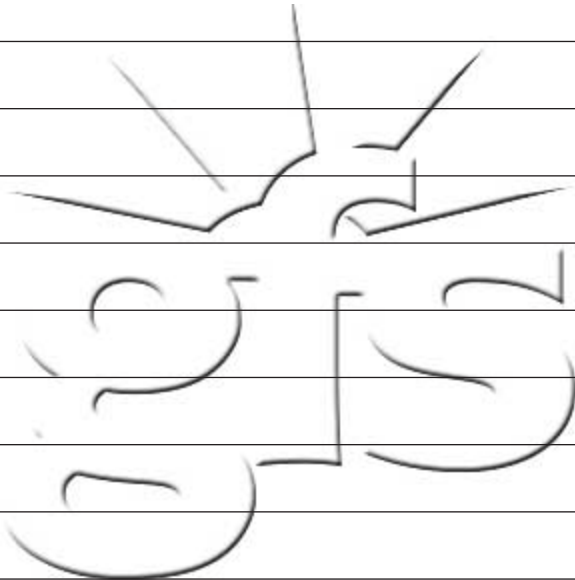


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Journaling and Prayer

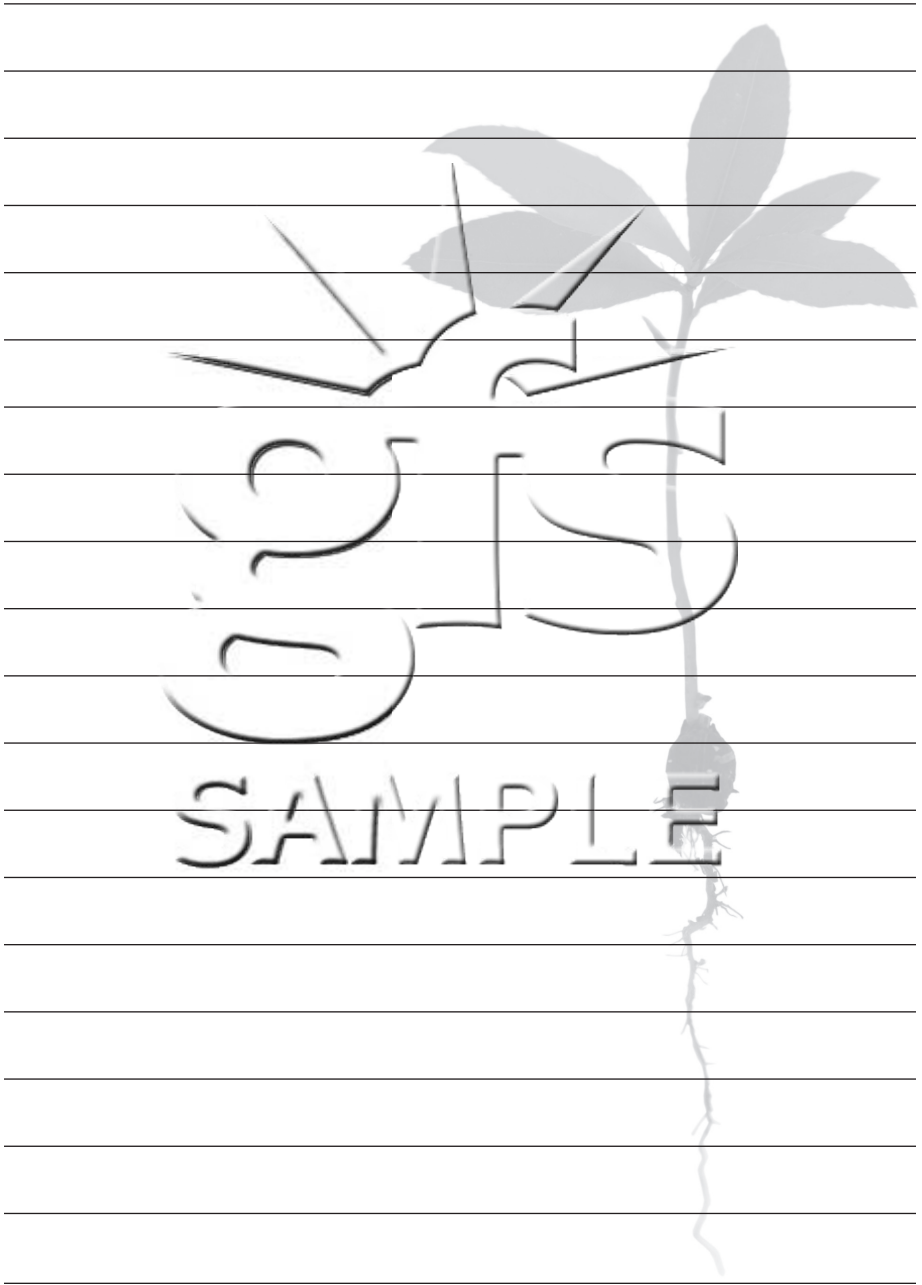


Journaling and Prayer



SAMPLE

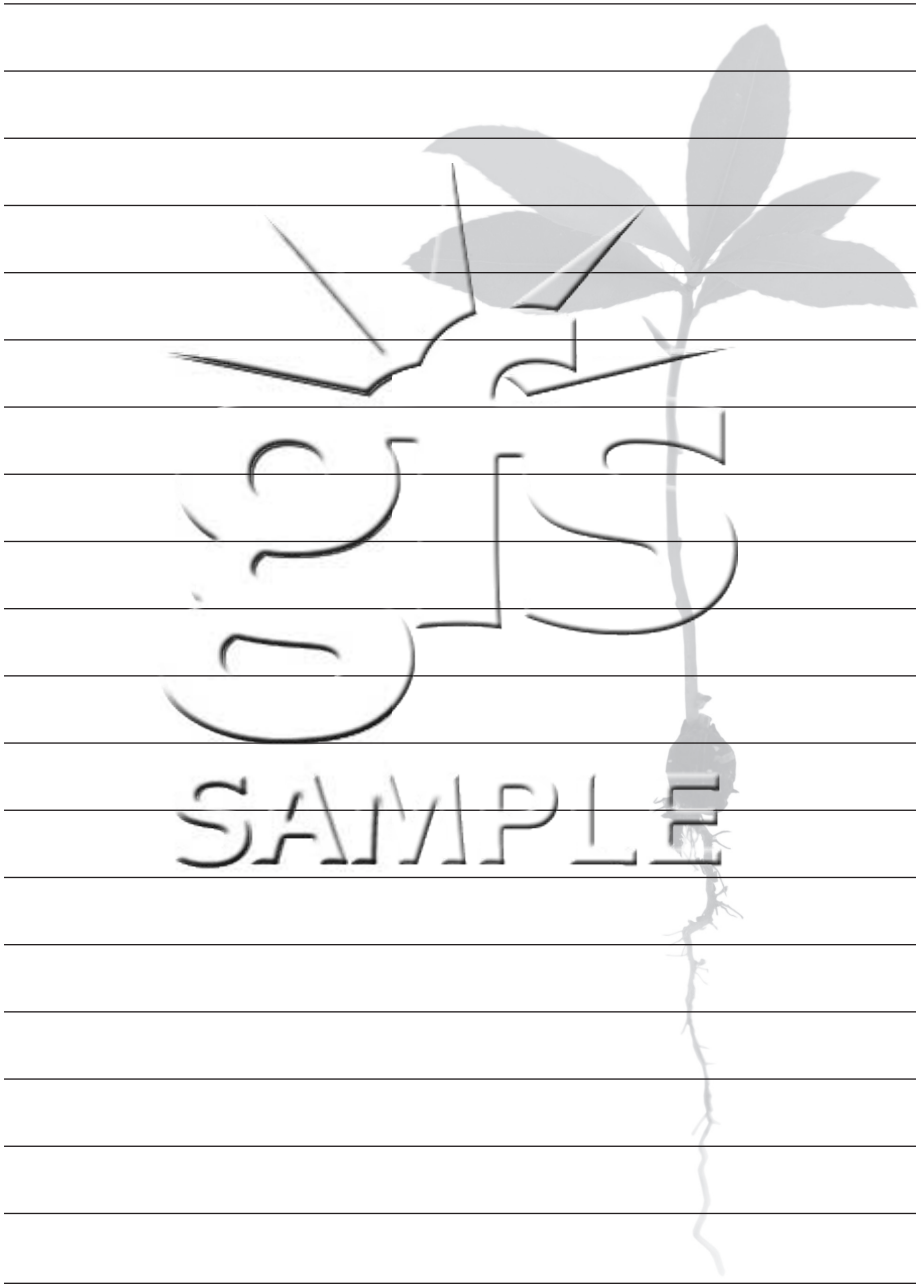
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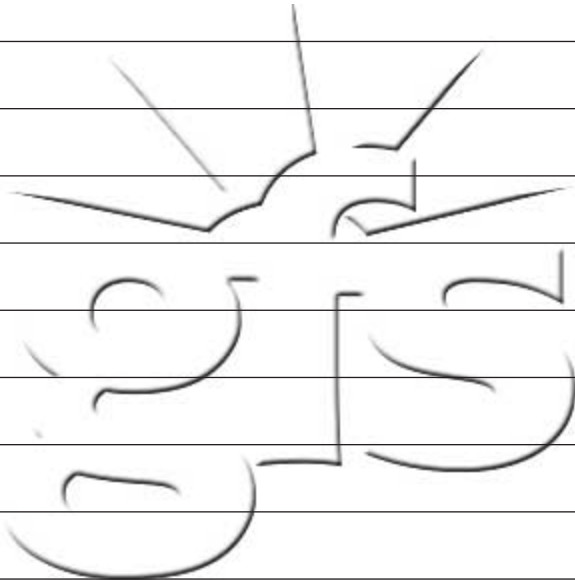
Journaling and Prayer



Journaling and Prayer



Journaling and Prayer



SAMPLE

ABOUT THE AUTHOR



Tanya Prince is a purpose coach, leadership consultant, and entrepreneur. After two decades at Fortune 500 companies with a career spanning finance, continuous improvement, and change management. Tanya found her purpose in helping others to thrive and grow personally and professionally.


Tanya is the founder of Green Vine Strategies. As a consultant and coach, she helps leaders and individuals increase their effectiveness through personal excellence, integrity, and authenticity. Tanya has served in womens and youth ministry throughout her entire life, coached young people through high school athletics, and mentored public servants to lead in their communities.

As an author, Tanya combines her love for the truth of God's word with her passion for helping others grow, creating works that help people discover and journey into their purpose and potential. She believes that God has created every person to have a life of meaning and purpose so that they can thrive every single day and have an impact on the world around them. You can learn more about the power of purpose and access encouragement and leadership tools at www.greenvinecoaching.com. Tanya currently resides in Minneapolis, Minnesota, with her children Alexis and Nolan.

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