

## **PURPOSELESSNESS**

We all need a sense of something to live for - a purpose, a meaning to our lives. It is a fundamental inner need of the human spirit. If that need is not met we may feel that life is not worth living. As human beings we are all unique and individual. We each have our unique gifts and contributions to make to life.

If we have not yet found our place in society, or discovered our unique gifts and had them trained and skilled for effective use, then we may feel useless. Or, if people in authority positions have put us down, we may end up with no sense of significance. We may have been told 'you'll never be any good' or 'you're useless'. If we are never affirmed or entrusted with responsibility we can feel useless.

We need to feel significant and needed if we are to be motivated to live. Here again Scripture informs us that, to God, we are significant. He designed each of us for a specific purpose.

'For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.'(Ephesians 2v10)

He gave each of us a unique set of gifts when he made us. (Romans 12v3-8) He designed every part of our being and personality for a worthwhile purpose. Each of us is a one-off Designer-made product for the purpose he has for us in his great scheme of things. We have a mission in life, something we were born to do. When we discover God's purpose for our life we are energised and motivated to live.

What's more, our purpose is outside of ourselves. It is to find some way, however insignificant it may seem initially, in which we can better the life of someone else. If we can get the focus off ourselves and our own feelings which can paralyse us into inaction, and find even one other person we can think about and help in some little way that will make a start. We have a need to love as well as our need to be loved. Our God-given mission in life is to love others in practical ways. (Matthew 22v37-39) That is how God designed us. That is how we function best. We may not all be a 'Mother Teresa', but we can be the channel of God's love to at least one other person on the planet. It is a richly fulfilling way to live and makes life worth living.

But we need to be spiritually reconnected to God first. We need to experience his forgiveness from our guilt and sense of failure in life. We need to know the worth we have in his eyes. We need to know and experience his love poured into our hearts to heal our hurts and insecurities. Then we can begin to open up and discover our life's purpose by reaching out to a world that needs God's love communicated through us.

Addressing these 5 areas can reduce the level of spiritual unease or emptiness. But we may still feel emotional or mental pain and need help in coping with that.