

KNOWING YOUR 'WHY'

“The question is; is the life I am living worth what I'm giving up to have it?”

OUTLINE

1. Paul's Example
2. Alignment
3. Shifting to '*Why*'
4. Drifting from '*Why*'
5. '*Why*' it takes 2
6. '*Why*' Audit

KNOWING YOUR WHY

I do not account my life of any value ...if only I may finish my race ...to testify to the gospel of the grace of God. Acts 20:24

*I wanted to be sure I was not running and had not been running my **race** in vain. Gal. 2:2*

Forgetting what is behind and straining toward what is ahead, I press on toward the goal. Philippians 3: 13-14;

*let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the **race** marked out for us. Heb. 12:1*

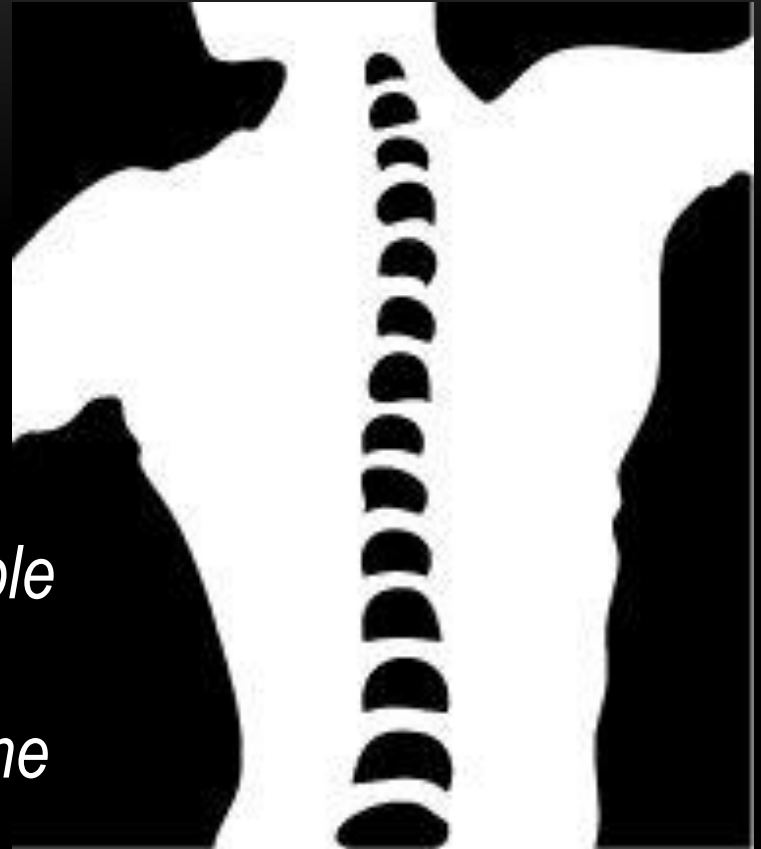
*I have fought the good fight, I have finished the **race**, I have kept the faith. 2 Tim. 4:7*

ALIGNMENT

- Purpose - Identity
- Essentialism - Desires

*Where there is no vision, the people
are unrestrained,
But happy is the one who keeps the
law.*

Proverbs 29:18



KNOWING YOUR WHY

SHIFTING TO WHY

Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.
Luke 9:23

3 Shifts to healthy

1. Outlook - Negative to Positive
2. *Fuel* - External to Internal
3. Focus - Self to Beyond Self



KNOWING YOUR WHY

DRIFTING FROM WHY

4 SYMPTOMS

1. Question what you're doing
2. Our own needs eclipse our purpose
3. Shifting focus away from ourselves can trigger fears
4. Emotional discomfort / pain

“Living out our purpose is a lifelong challenge.”

Tony Schwartz

KNOWING YOUR WHY

'WHY' IT TAKES 2



- Common myths about *'Why'*
- Symbiotic relationship
- Personal cultivation
- Community cultivation

From him the whole body ... grows and builds itself up in love, as each part does its work. Eph. 4:16

KNOWING YOUR WHY

“Those who know what they want, can pursue it energetically.”

“Those who have identified what moves them to whole hearted engagement, have little trouble staying motivated.”

Chris Lowney; Heroic Leadership

KNOWING YOUR WHY

'WHY' AUDIT

Answer each question with a yes or no

Keep track of your Yes's.

1. I know my why or
Though unclear, I know I have a why
2. My outlook is positive
3. *My fuel* is internal
4. Focus is beyond Self
5. I have people who call me out when I drift

KNOWING YOUR WHY

‘WHY’ AUDIT

Answer each question with a yes or no

6. I know what my community’s ‘*Why*’ is
7. I know how my ‘*Why*’ fits into that or
I really want to know how my ‘*Why*’ can fit
8. I regularly engage my personal and
community ‘*Why*’
9. I know what threatens my ‘*Why*’ and what to
do when that happens
10. I believe the best is yet to come

KNOWING YOUR WHY

‘WHY’ SCORE

8-10: your ‘*Why*’ is alive and well. Excellent health

5-7: your ‘*Why*’ is alive though it needs attention in one or two areas

0-4: your ‘*Why*’ needs encouragement and support

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