

Truthbearers

Month 2 — Purpose

Week 2 — Comfort Is Not Purpose

Modern culture teaches people to avoid discomfort at all costs. We are constantly told to seek: comfort, ease, entertainment, and convenience. But a comfortable life is not necessarily a meaningful life. The saints often chose sacrifice, courage, discipline, and service because they understood that real purpose usually requires struggle.

“Whoever loses his life for my sake will find it.” — Matthew 16:25

Saint Focus — St. Francis Xavier

St. Francis Xavier left behind comfort, status, and security to bring the Gospel to people across Asia. He endured hardship, danger, sickness, and isolation because he believed his life was meant for something greater than comfort.

THINK

Am I building my life around comfort or around purpose?

DO

Choose one difficult thing to do intentionally this week. Examples: • wake up earlier • exercise consistently • spend time helping someone • reduce unnecessary entertainment • pray even when you do not feel like it

PRAY

“Lord, help me choose what is good, not simply what is easy.”

DISCUSSION

Why does modern culture treat comfort as the highest goal in life?

CHALLENGE

Do something sacrificial for another person this week without expecting recognition or reward.

JOURNAL PROMPT

What difficult things do I avoid that may actually help me grow?