

# Truthbearers

## Month 2 — Purpose

### Week 4 — Don't Drift Through Life

Many people drift through life without direction. They move from distraction to distraction, from trend to trend, from comfort to comfort, without ever seriously asking where their life is going. The saints lived differently. They lived intentionally. They examined their choices. They disciplined themselves. They understood that small daily decisions shape the kind of person we eventually become.

“Teach us to number our days that we may gain a heart of wisdom.” — Psalm 90:12

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#### *Saint Focus — St. Ignatius of Loyola*

St. Ignatius of Loyola transformed his life after recognising how empty selfish ambition had left him. Through discipline, prayer, reflection, and spiritual focus, he became one of the greatest spiritual teachers in Church history.

#### **THINK**

What direction is my life currently moving toward?

#### **DO**

Create a simple personal “Rule of Life” for yourself. Include realistic goals for: • prayer • technology use • physical health • study/work • relationships • discipline • rest

#### **PRAY**

“Lord, help me live intentionally and wisely.”

#### **DISCUSSION**

Why do so many people allow life to drift without clear direction or purpose?

#### **CHALLENGE**

Choose one unhealthy habit that wastes your time or weakens your discipline and reduce it significantly this week.

#### **JOURNAL PROMPT**

If I continue my current habits for the next ten years, where will they lead me?