

Episode Reflection Guide

Episode 1: Struggling to Find Your Purpose in Midlife? 3 Steps to Gain Clarity and Direction

Finding your purpose often means noticing what God has been revealing across your life.

Take a few minutes to prayerfully consider how what we talked about in this episode connects with your own life and purpose journey. As you reflect, notice what God may be inviting you to see more clearly, approach differently, or take a step toward.

1

What one answer or clue may need to be considered alongside other clues from your life?

2

What themes, interests, burdens, experiences, or desires repeat or connect across your life?

3

What might those patterns reveal about your life purpose?



**Life Purpose *for*
Christian Women in Midlife**