

## Establishing Your Purpose

As we enter a new year, we often consider resolutions which are aimed at improving certain aspects of our life, habits or circumstances. A recent study suggests that the percent of Americans that make New Year's Resolutions has dropped from nearly 90% to less than 45%. The reason for the large drop was mainly due to the low success rate of about 8% in people keeping their resolutions. Resolutions are also often not linked to life purpose.

Edith Lovejoy Pierce, an American poet, once said, "We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

Whether you decide to set resolutions or not, we encourage you to see the New Year as an opportunity. An opportunity to focus as a couple on establishing or refining your purpose. When you have a joint purpose, you will experience a greater level of intimacy and excitement in your marriage as you work together in fulfilling that purpose. If you have never considered or established a purpose to focus on as a couple, ask yourself the following questions:

- What are you passionate about?
- How would you like to impact the world?
- In what areas do you enjoy serving others?
- What activities do we enjoy doing as a couple?
- What are your talents, skills and desires?

God has a unique purpose for each of us. When you become one with your spouse, God merges together a common purpose to work with and support each other. Spend time together and individually in prayer asking God to reveal his purpose for you. Consider using the Purpose Journey study guide on the website to help you as you evaluate your purpose. We wish you well in this New Year and pray that God will bless your marriage.

Blessings,

Brian and Trudy

If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose.  
- Philippians 2:1-2