

Why Am I here: the Purpose of my Life

A session with Sahaya G. Selvam, sdb

Q1: What is the plan of God for man?

“God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to make him share in his own blessed life.”

(from *The Compendium of the Catechism of the Catholic Church*)

0. Opening Exercise

Step 1:

From the list below select 10 of the more important dimensions that describe the purpose of your life:

√TICK

- | | | |
|-------|-------|--|
| _____ | _____ | To widen my knowledge of things of the world |
| _____ | _____ | To enhance human life and the society at large |
| _____ | _____ | To ensure my security |
| _____ | _____ | To wield authority and power |
| _____ | _____ | To constantly discover myself and grow |
| _____ | _____ | To fulfil my duty in my family, and in the world |
| _____ | _____ | To contribute to the happiness of people around. |
| _____ | _____ | To be have a good family |
| _____ | _____ | To be deeply happy |
| _____ | _____ | To avoid problems |
| _____ | _____ | To understand and follow the will of God |
| _____ | _____ | To have self control and to lead a disciplined life |
| _____ | _____ | To seek peace of mind |
| _____ | _____ | To become a holy person |
| _____ | _____ | To have a good car and house |
| _____ | _____ | To love and serve God |
| _____ | _____ | To enjoy all the pleasures of life |
| _____ | _____ | To reach heaven |
| _____ | _____ | To have good relationship with all |
| _____ | _____ | To do great things so as to be recognized by people. |

Step 2:

After selecting 10 of the above points arrange them in order of priority numbering them from 1 to 10.

1. Introduction

From the *Compendium of the Catechism of the Catholic Church*:

“Question 1: What is the plan of God for man?”

“God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to make him share in his own blessed life.”

2. Jesus, the Model

John 18: 37 Pilate said, 'So, then you are a king?' Jesus answered, 'It is you who say that I am a king. I was born for this, I came into the world for this, to bear witness to the truth; and all who are on the side of truth listen to my voice.'

John 10:10 I have come so that they may have life and have it to the full.

Lk 4: 6 He came to Nazara, where he had been brought up, and went into the synagogue on the Sabbath day as he usually did. He stood up to read, 17 and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written: 18 The spirit of the Lord is on me, for he has anointed me to bring the good news to the afflicted. He has sent me to proclaim liberty to captives, sight to the blind, to let the oppressed go free, 19 to proclaim a year of favour from the Lord.

(Note that Jesus omits the following verse from Isaiah about the vengeance of the Lord God!)

3. From St. Ignatius (Principle & Foundation of the Spiritual Exercises) as paraphrased by David L. Fleming, SJ.

The goal of our life is to live with God forever. God, who loves us, gave us life. Our own response of love allows God's life to flow into us without limit. All the things in this world are gifts of God, presented to us so that we can know God more easily and make a return of love more readily. As a result, we appreciate and use all these gifts of God insofar as they help us develop as loving persons. But if any of these gifts become the centre of our lives, they displace God and so hinder our growth toward our goal.

In everyday life, then, we must hold ourselves in balance before all of these created gifts insofar as we have a choice and are not bound by some obligation. We should not fix our desires on health or sickness, wealth or poverty, success or failure, a long life or short one. For everything has the potential of calling forth in us a deeper response to our life in God.

Our only desire and our one choice should be this: I want and I choose what better leads to God's deepening his life in me.

What then is your own goal of Life?

Why Am I here?

Note: *What follows is more a practical mission statement. Feel free to go deeper into writing a spiritual testament.*

1. Spend a few minutes personalising what you have heard and done above.
2. As you remain quiet, what is the Lord calling you to do with your life? Why are you here? Why do you do what you do?
3. Write down a statement (in 5-7 sentences) in the box below, which will become your mission statement for your life or for a period that you like to specify.
4. Your mission statement may contain the following:
 - a. Something about how you see your situation.
 - b. Something about your own gifts and talents.
 - c. Something about your purpose of life.
5. The mission statement should have the following characteristics:
 - a. It should be personal (use the pronoun 'I').
 - b. It should be in the present rather than in the future. (It is better to say, "I wish to be good" rather than "I will be good".)
 - c. Use a proactive language ("I wish to be good" rather than "I will try to be good")
 - d. It should not be too specific, that it becomes out-dated very soon; it should not be too generic that it remains impractical.
6. You may use a famous quotation that can become the dictum of your life.

My Mission Statement