



## SB Activity 6 - Overcoming Setbacks: Examining Meaning, Purpose and Belief

People may get hung up on concepts like meaning, purpose and belief for several reasons such as:

- I am unsure with what I believe in
- I am simply not interested in faith or belief, or anything related to the subject
- I am an atheist; therefore, these discussions are a waste of time in my opinion
- I am too busy with my day-to-day concerns to think about these things
- I have had bad experiences with religion
- I don't agree with many of the things I've been taught in this area, so I am discouraged or disinterested
- Other reasons? - \_\_\_\_\_

**Group Discussion** – Do any of the above apply to you personally? – Discuss as a Group

### **Breaking it Down:**

Regardless of what each person as an individual may or may not believe in, every human alive usually functions better with a sense of **meaning** and **purpose** in their life.

- **Meaning** (n.) - *the inner, symbolic, or true interpretation, value, or message*
- **Purpose** (n.) - *the reason for which anything is done, created, or exists*

Searching for what we believe is often very deep, however, regardless of one's specific beliefs, everyone should be able to relate to the basic idea searching for meaning and purpose in life.

**With that said, consider some of the following questions for group thought and discussion when it comes to meaning, purpose and setbacks:**

- ✚ Who/what is meaningful in your life today?
- ✚ What could you do in order to increase a sense of meaning and purpose in your life?
- ✚ Does your life every feel empty or lacking in purpose? If so, what contributes to those feelings?



- ✚ **Have you ever thought about a deeper purpose of life other than just surviving from day to day? If so, what comes to mind for you?**
  
- ✚ **What experiences have you had already that increased a sense of meaning or purpose in your life?**
  
- ✚ **What experiences have you not yet had that you think could help you increase your sense of meaning and purpose in life?**
  
- ✚ **Is there anything else that you think you could learn about, research, practice, explore, or study in order to increase your depth and focus in these areas in your life?**





## Additional Questions for Thought & Discussion Specifically for Those with Faith:

- **Faith** (n.) - *strong or unshakeable belief in something*

If you believe in prayer, what specifically can you pray for in order to be built up daily especially when you may be struggling?

A lot of times getting out and experiencing and studying nature can be an incredibly useful and healthy in expanding our sense of meaning, purpose, and belief. How can you increase your effort and awareness in this area?

What other ways, can you increase your faith and sense of purpose that will also help you with your process of positive change?

These deeper concepts are founded on and nurtured by learning, studying, searching and growing. What can you do in order grow, learn and expand in your depth of understanding deeper things in life?

