

How to Live a Complete Life on Purpose

**A Doable Plan for Living the Greatest Life Possible
Fulfilling Your God-Given Purposes**

By

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The fact that you are interested in living a complete life, a great life, a life of purpose and meaning says a lot about you. Most likely I don't know you, but I do know that unfortunately most people settle for existing rather than living. For a variety of reasons they have given up on the idea of having high levels of joy, peace, and faith. They have given up on dreaming and reaching out for great dreams. They have accepted what is "normal" around them.

But I'm betting that you have at a minimum a spark of hope that your life can be one of internal abundance and richness. And more likely than that, that you have a strong desire to experience life at the highest levels possible. You want to take hold of significant dreams and purposes and make an important difference in the world.

And here is the great news...**it is so very possible!** Every single day, all around the world, people are experiencing new realities both internally and externally. There are evergreen principles and practices that show us that you do not have to pick between vocational success and a great life, rather you can and should have both. Spiritual, personal, relational, vocational, and service actually complement each other when done wisely.

The reason I can write these words with such confidence is based on three things:

1. They are all based on solid scientific research.
2. I've personally seen them work in my life and the lives of thousands of others.
3. They are based on the eternal words of God.

I'm not sure if you are a believer in God or not. But even if you are not I would encourage you to at least read through this short guide and see if it makes sense. It will only take a few minutes and these simple, doable steps work.

When I Experienced New Life

I became a Jesus follower in college. Before that I was a beer drinking, have fun at all costs, football player. But when I headed off to play college football, away from all that was familiar to me, I started wondering what in the world I was here for and what made life worth living. It was then, and only then, that I actually started reading the words of Jesus found in the New Testament. I met people at college who had higher levels of peace and joy than anyone else I met, and they were sincere Jesus followers.

After a few months of continued Bible reading, asking them lots of questions, and thinking through what life was really about I decided to put my faith in Christ. Immediately I felt a surge of amazing joy and love filling my empty soul. I had an immediate sense of God's reality and that He had become my Heavenly Father. I was alone in my dorm room when I prayed to receive Jesus, no one was prompting me or telling me what to expect; it was simply a powerful experience that came from God to me.

My old partying friends told me it was just a phase that I would soon get over, but it has been over three decades now and I am more convinced than ever that receiving life from God and living His purposes is the absolute best way there could ever be to live. It is God who created us spirit, soul, and body. It is God who made important plans for us before we were ever born. And it is God who wants us to live the greatest, most complete lives possible.

The God of the Bible Desires the Best for You

As the perfect Heavenly Father, God desires the absolute best for His children. The Bible says that God's plans for us are much, much better than we could ever come up with: we actually need the help of the Holy Spirit to realize how awesome they are (1 Corinthians 2:9-10).

Over and over again Jesus said things like, "*I have come that they may have life and have it abundantly (overflowing)*" (John 10:10) and "*The Spirit of the Lord is upon Me; because He has anointed Me to preach the gospel to the poor, He has sent Me to proclaim release to the captives, and recovery of sight to the blind, to set free those who are oppressed, to proclaim the favorable year of the Lord.*" (Luke 4:18-19)

Jesus main message was the kingdom of God, or what life is like when we are living under God's principles and presence. Through Him we enter into life the way God had always intended. We step out of the spiritual kingdom of darkness and into the kingdom of the heavens, the realm of abundant life. This kingdom will not be fully manifested until Jesus returns to rule the earth, but we can progressively experience more and more of it now in this life and as we follow Jesus..

God has a full, complete, meaningful, joy-filled, challenging, purpose-driven life prepared for you. There is no doubt about it. It is His will for you in Christ Jesus (2 Peter 1:3-4). The Bible even says God planned this for you before time began. (Titus 1:2-3)

Simple and Complex

Life is both very simple and extremely complex. For example, the basics of the abundant life could be explained as easily as:

- Have faith in God, through Jesus
- Love God, Love Your Neighbor, Love Yourself
- Receive from God and give to others what He gives you

Those are super simple statements, based on Scripture that anyone can understand. But each of those statements can be continually broken down into smaller and smaller sub-points and principles. Let's take the first example: Have faith in God, through Jesus.

That is a very clear statement. But then, as you desire to learn what that actually means and how it works you start asking questions like:

- What should I believe about God and Jesus?
- How do I grow in faith?
- How does faith in God work?

You soon realize that Hebrews 11 alone gives over 40 examples of God-pleasing, Biblical faith. And that is just one chapter in an entire 1100 page book that emphasizes and describes faith over and over again. As exciting as it is to realize there are always fresh insights and dimensions to learn in your walk with God, unless you approach it the right way, it can lead to feelings of overwhelm.

The Key to Beating Overwhelm and Confusion

It does not matter what area of life you are interested in, the way to defeat feelings of overwhelm and confusion is by first building on simple, easy to understand, big ideas. From there break it down, digging deeper and deeper in the subjects and themes you are most interested in at that point in time.

That is why I want to give you a simple blueprint that will help you live the greatest life possible by connecting deeply with God and living out His purposes and plans for your life.

You may be wondering if it is ok to develop such a blueprint. After all, aren't we supposed to just commit our way to God, trust Him and He will cause the right things to happen (Proverbs 3:5-6)? Yes, we are supposed to trust God and commit our way to Him and yes, He will work to fulfill His purposes in our lives. But that is not the whole counsel of Scripture. **It is right but it is not complete.**

The Bible also makes clear that God has set up the world on systems, principles, and cycles. Systems, principles, and cycles are necessary for life to continue. It is called a "solar system" for a reason.

Our body has 11 systems that must function in order to be healthy. We need solid principles that we can count on all the time (gravity, laws of physics, and spiritual laws). And God has set up the world so that it operates on dependable cycles. Each day is a 24 hour cycle. Each year is 365 ¼ days long. We have four seasons, etc.

Can you imagine what the world would look like without such systems and laws? One word describes what it would be like: chaos. Planets would be smashing into each other. We would have no dependable periods of time to base our lives on. Our bodies would be a total mess.

Though too many systems can throttle creativity and organic growth, a high quality of life or functionality requires a measure of order and stability.

The way I look at it is, we learn and follow God's systems, principles, and cycles while fostering a trusting relationship with Him. We realize we consistently need Him, the Person, His reality and not just principles.

But we also recognize God is the One who set these things up as an expression of how He Himself functions. So, we ask Him to help us learn and act with His help.

Learn from Others and Then Adapt

One of God's enduring principles is that He uses people to help other people learn His truths and implement those truths.

He does not directly communicate all His wisdom and truth to us; He uses people also. Though God can communicate and teach and touch people much better than any person; one of His great purposes is to share His life, develop His life, and use us to share that life with others.

The Great Commission tells current disciples to go to all nations and make other disciples of Jesus. In 2 Timothy 2:2 Paul told his close disciple, Timothy, to take what he had learned from Paul, teach it to faithful people who in turn would then teach it to other people. That is 4 generations of spiritual impartation.

The life imparting words of God passed on from one person to the next, not from direct God messages in the sky. Then Ephesians 4:11-12 tells us that the role of teaching/speaking ministries is to equip people for works of service.

God wants you to learn to connect with Him and receive directly from Him. He also has set up the world (His principles and systems) so that He regularly and consistently works through imperfect and growing people to help us receive from Him and grow in Him. Both are His plan.

No human is perfect, so do not take anyone's words as infallible truth. You have the Bible and if you are already a Christ-follower then you also have the Holy Spirit who will teach you and guide you. You are also a unique individual and that means you will learn to apply Scripture and God's truth in a way that works best for you.

What I want to give you is a simple blueprint that is Scriptural, easy to remember, and works. It is not the only way to live the abundant life and fulfill your God given purposes; but it is a really good pattern to follow.

If you are already living life at a high level and are consistently achieving God's purposes and plans for your life, then I would still encourage you to go ahead and read through this blueprint.

The dream doers I know are constant learners and one insight may be just what you need to take more ground in your personal Promised Land

If you are like many, many sincere Christians and know there is so much more you could be experiencing and doing, then please try using this for a few months and see if there is a big difference. I think you will be pleased with the results.

Why You are not Experiencing the Abundant Life Yet

A common question Jesus followers ask it, “If Jesus promised us abundant life, how come I’m not really experiencing it? I still don’t have on-going joy, love, and strong faith, even though I believe His is the Savior.”

There are several reasons why you are not experiencing the fullness of life Scripture talks about:

1. **It is progressive.** Jesus said kingdom life is like a small seed planted in the soil. At first it looks like nothing is happening (even though in the unseen world underneath the ground amazing developments are taking place). At some point the plant emerges from the soil (becoming visible but still very small and weak). It then continues to grow until it becomes a strong and fruitful tree. Great things may be happening in your life which you cannot yet see.
2. **The attacks of the enemy.** Jesus said the thief comes to kill, steal, and destroy. He said the devil tries to steal the word out of hearts or choke it so that it does not bear fruit. Understand this, the devil’s main goal is always to get us to doubt God’s words and instead believe his. All of life, especially God’s kingdom, operates by faith and the words you believe determines the life you will live.
3. **Lack of a Biblical, Purpose-Driven Plan or Blueprint.** Paul said he taught the same foundational truths wherever he went. Why? Because those truths are the essentials for abundant life.

Paul adjusted methods, but used the same blueprint wherever he went. First he went to the Synagogues. From there he would work with those who were interested, teaching

them foundational truths and how to apply them in their culture. A short time later he set in leaders to care for the church and continue Jesus' mission. He did this wherever he went. He had a blueprint.

The 5 x 5 Blueprint for the Great Life, Complete Life, the Purpose-Fulfilling Life.

When God designed you, He had a complete life in mind. God is your Creator, and motivated out of pure love, with incredible wisdom He has made plans and purposes for you that fit you perfectly. They are fulfilling and impactful.

Rick Warren made these purposes famous in his best-seller *The Purpose-Driven Life* and I agree with him that God gave us five main purpose areas that lead to a complete life.

All you have to do is get clear on what they are, order your life around them, and then follow just five main processes to actually live them. The phrases I use all include the adjective "great" because God is great and so are His purposes for you.

Five Big Purposes

1. **A Great God Connection.** An on-going, love-based, life-giving relationship with the Heavenly Father.
2. **A Great Personal Condition.** God's plans for you are to make you like Jesus in character, quality of life, and in your areas of gifting.
3. **A Great Relational Commandment.** God made you for love-dominated relationships with Himself and others, as well as with yourself. (God wants you to have a healthy love for yourself too)
4. **A Great Gift-based Calling.** God designed you to do meaningful, fulfilling work and ministry to expand His kingdom on earth as it is in heaven.

5. **A Great Disciple-Making Commission.** God made plans for you to help others fully follow Jesus and fulfill His purposes for their lives.

Those are the five big areas of life God wants you to experience based on His plans and powerful promises. As long as you live you get to keep growing and experiencing progressively higher levels of divine life in each of those areas. You just need to keep learning how to cooperate with Him as He does His work in your life.

Simply use those five purposes to get guidance from the Father as to how to manage your life and how to know where to focus during each season of life. You don't have to keep fifty or a hundred things in mind, just these five.

But don't worry, it never has to get boring, it can stay fresh as long as you live. As we talked about earlier, depending on what is happening in your life, you dig deeper into that particular purpose until you get answers and solutions. Then you dig deeper in the next purpose, learning and growing, without feeling overwhelmed or condemned.

With just five purpose areas to concentrate on, your life can be both complete and manageable. On one piece of paper you can write down a few words or sentences every few months about what you sense God is working on in those areas. Then take the appropriate actions to cooperate with Him.

What are the appropriate actions to cooperate with God?

Once again there are only five main processes you need to learn in order to experience and live out each one of those purposes. FYI, I call them "processes" instead of steps because though they can be followed in a step-by-step fashion, the order may change at various times in your life and there are often steps involved in each one of them.

They are not complicated, but as with the five purposes, you can keep learning and growing in the use of them for the rest of your life.

By the way, to me this is one of the most exciting parts of following Jesus. There is the consistency that gives us stability and peace and there is always something new to learn and experience with an unlimited God, which keeps things fresh and life-giving.

Five Doable Processes

1. **Dream it.** God created us to follow vision and dreams. As you learn to recognize the dreams that come from Him, you have something to follow and give yourself to.
2. **Design it.** Once you have a God-dream, you then prayerfully develop a plan on how to do your part in accomplishing it.
3. **Do it.** No dream or plan is ever turned into reality without taking action. Jesus said those who act on His words are His real brothers and sisters and their lives would stand strong even during the storms of life.
4. **Direct it.** At some point we are all called to work with others and teach others what we've learned. This allows our impact to go from addition to multiplication. Our levels of leadership will vary greatly, but all believers are called to learn to lead at some level.
5. **Develop and Deepen it.** Though I've put this one last, it runs through the other four processes.

Your on-going growth in character, knowledge, skill, and thinking raises the levels of every aspect of being and doing. The more you grow, the more you flow in dreaming, designing, doing, and directing in living out the five purposes.

The Why and the How

As God's image bearers, we were designed by God on purpose and for purpose. That is why no one will ever be deeply satisfied with their life until they discover and do their God-given purposes.

Because we were created by God and for His love-motivated purposes, it is simply not possible to live the greatest life without following the Greatest One in what He Himself is doing; the Greatest Purposes.

As I've said, there are different ways to word these purposes and the processes. These are certainly not the only ones. However, they are easy to remember and simple to use.

In a world of information overload, being able to say, "I focus on these five areas and these five processes" will enable you to live with much more peace and confidence than trying to keep fifty or a hundred or a thousand things in mind.

Simplify to Multiply

It has to be simple to be doable.

Complexity in the basics results in internal paralysis and confusion. Business Coach Dan Sullivan said in working with thousands of entrepreneurs through the years, the biggest barrier to their long-term success is what he calls "The Ceiling of Complexity."

Both in spiritual growth and the work God calls us to do, the more complicated things get the harder it is to break through to our full potential.

Dan uses what I believe is a very biblical process with the business owners he coaches. Rather than having them do more and more types of work to grow their business; he has them gradually reduce the types of things they do so they get more and more into their sweet spot.

The more they focus on the few things they can be great at and the more they build a team to do the other things that they are not great at, then the healthier and stronger the business grows. But getting rid of complexity is essential.

The Bible Teaches the Power of Simplicity

This is what the Bible teaches as well. We are encouraged to focus on our areas of God-given gifts and be the best we can be in those areas of strength. Then as the rest of Christ's body does the same, everyone benefits. Growth and health without overwhelm is the result.

As one who's main goal is to know God and live His purposes for my life, I know from experience how discouraging and debilitating it can be when you want to know God's will and you want to fulfill it but you keep hitting walls.

It is often the wall of confusion, fed by complexity. “God, I’m willing, but I don’t know what you want me to do.” Or, “God, I thought you wanted me to do this but I keep failing. Help!”

God did not put you on earth to fail in His purposes. He put you here on purpose because He wants to fill you, form you, and then flow through you to fill the earth with His life and glory.

He really does have significant, meaningful, life-changing purposes for you. And this blueprint will help you know what those unique purposes are and how to live them.

Let’s review one more time.

Five Main Purposes

1. A Great God CONNECTION
2. A Great Personal CONDITION
3. A Great Relational COMMANDMENT
4. A Great Work CALLING
5. A Great Disciple-Making COMMISSION

Imagine how you would feel if you were living all five of those purposes at a high level. Tell me that is not the greatest life possible!

How do you do it? Out of your God-connection you then...

1. DREAM IT
2. DESIGN IT
3. DO IT
4. DIRECT IT
5. DEVELOP It

Start where you are right now, get clear on the dream, the vision, your purposes, then develop a plan, take action, work with others, and keep growing and developing yourself. Over time you will be amazed at who you become and what you accomplish.

I have seen hundreds of people take these steps and though they look pretty ordinary on the outside, they are eternity-shaping forces for God and good. That can be you as well.

Final Word

My mission is to help active, busy people know and live the greatest life possible; living all of God's purposes. The greatest life is built on the greatest purposes and the greatest purposes make possible the greatest life; they feed each other.

If you would like more help in knowing and living your purposes, you might want to check out my books, courses, and coaching programs at www.MarkFurlongCoaching.com

I would love to have you join me and thousands of others on this wonderful journey of living the greatest life possible; living God's purposes.

Standing with you,

Mark