

# REIGNITING YOUR PASSION



## WHAT ARE YOUR PASSIONS?

As children, we become passionate about many things and dream big dreams. When people ask us what we want to be when we grow up, we let our hearts guide us and share our big dreams, yet somewhere along the way, these passions fade.

*What were you passionate about as a child?*

*What brought your heart excitement?*

*What things did you gravitate to?*

*Do the things you were passionate about as a child still bring joy and life to you?*

*What passions have faded that you want to get back?*

The answers to these questions will tell you a lot about your passions.

# WHAT CAUSES THESE PASSIONS TO FADE?

1. Being told we could never do it
2. Trying it and failing
3. Rejection
4. Other priorities taking their place (work, education, family, friends)
5. Expectations of others
6. Believing you are not good enough
7. Lack of time
8. Forgetting about them
9. Giving up because we are too old, too young, too tired, too weary, not educated enough, not experienced enough, or not talented enough
10. Fear
11. Insecurity
12. Doubt

*What are some things that have caused your passions to fade?*

## LINK BETWEEN PASSION AND PURPOSE

There is a link between our passions and our purpose. One of my passions is reading. I did not realize my love for reading would be part of my purpose, however, now I see it. As an author I need to read and re-read my own content to make sure it makes sense, it flows and answers all the questions the audience might have. God created us and has a purpose for us and they work hand in hand.

If your passion is spending time in nature, then spending time with your family in nature could be the purpose, or maybe you will one day have a ranch or farm of your own. Do not dismiss your passions as being unimportant, without them our lives are dull and lifeless.

# REVIVE YOUR PASSIONS

1. Remember what your passions are
2. Make time to pursue them
3. Make them a priority
4. Believe you are good enough
5. Believe you can do it
6. Release your fear, the worst that can happen is to fail and the only way to ensure failure is not to try at all
7. Let go of what other people think, stop people pleasing
8. Instead of seeing all the ways you fall short, take a look at your strengths and see how they can help you step into your purpose
9. Trust that God's purpose for your life was designed specifically for you, considering your unique mix of skills, talents, abilities and experience.
10. See rejection as an opportunity to course correct and try again
11. Never give up!

Pursuing the things that bring us life will give us energy to face everything else. We need to fulfill our passions and purpose in life to motivate us to do everything else we need to get done!

If you do not know your passions, take some time to reflect on what energizes you, brings you joy and empowers you; these things are your passions. Anything that depletes your energy, takes away your joy or leaves you feeling useless are definitely not your passions and could ultimately be keeping you from them.

*What are some things that are keeping you away from your passions?*

*What can you do about these things to revive your passions again?*

# HOW DO WE REIGNITE OUR PASSIONS?

Once we have revived our passions and brought them back into the forefront of our minds, then we need to recognize that God created us and gave us our passions and our purpose.

*You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. Psalm 139:13-16*

*For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. Ephesians 2:10*

*For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." Jeremiah 29:11*

Once we recognize that, there are some things we can do in partnership with God to reignite them.

1. Delight in the Lord
2. Commit everything you do to the Lord
3. Trust God with everything
4. Lean in - do not pull away from God when things get tough, instead get closer to Him

Take delight in the Lord, and he will give you your heart's desires.  
Commit everything you do to the Lord. Trust him, and he will help you.

Psalm 37:4-5

# PRACTICAL STEPS

Here are some practical steps on how to reignite your passions.

1. Remember those things that have brought you life, whether it be in childhood or recently. Make a list of them.
2. Make room for them in your life. Schedule time to pursue them. Make them a priority. Involve your family in them as much as possible so you can enjoy it together.
3. Deal with negative mindsets. Believe in yourself, release your dependence on what others think about you and focus on what you and God think. Let go of fear, insecurity and self-doubt, and allow God to show you who He sees when He looks at you. Replace lies with truth.
4. Forgive and love yourself. If you have failed in the past or have not even tried, you may have been very hard on yourself. You need to forgive yourself to move forward. Loving who you have been created to be is sometimes hard, but it is necessary. We tend to focus on the negative aspects of ourselves, and while it is important to recognize our flaws, we are not supposed to dwell there. It is much better for us to focus on our strengths and see how they can lead us to pursuing our passions and ultimately our purpose.
5. Lean in. Whether things are good or bad, continue getting closer to God as it will help you to completely trust in His purpose for your life.
6. Trust God with everything. God desires for us to live our lives to the fullest! *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10*
7. No matter what, NEVER GIVE UP! The only way to ensure failure is to give up.

Which of these practical steps do you need to work on? How will you begin that this week?

# Activation

## **FOCUSING ON YOUR STRENGTHS**

Today, I want you to take the next five minutes and make a list of all of your strengths.

We spend so much time focusing on our weaknesses and this actually causes us to withdraw from the things we love, whereas focusing on our strengths will motivate us to pursue our passions and purpose in life.

Once you have your list, if there is still time, think about how your strengths are linked with your passions. Write down how they are linked and how they are linked with your purpose.

## 3 Keys to Remember

- 01 PASSIONS BRING US LIFE, JOY AND EMPOWER US. WE NEED THIS TO BE ABLE TO LIVE OUR LIVES TO THE FULLEST.
- 02 FOCUS ON YOUR STRENGTHS, BECAUSE THEY WILL HELP YOU PURSUE YOUR PASSIONS AND PURPOSE IN LIFE. FOCUSING ON YOUR FLAWS WILL DO THE OPPOSITE!
- 03 NO MATTER WHAT NEVER GIVE UP! OUR PASSIONS HELP US FIND OUR PURPOSE!

**The Lord will work out his plans for my life—for your faithful love, O Lord, endures forever. Don't abandon me, for you made me.**

**Psalm 138:8**



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