

# The Broken Road to Purpose — 6-Week Study Guide

## Week 1 • Wait on Purpose

- Read: Chapter 1 (“Wait on Purpose”).
- Key Verse: Psalm 27:14 — “Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!”
- Warm-up: Share a time you were forced to wait (a diagnosis, a door that wouldn’t open, a delay). What did it reveal?
- Core Ideas: naming the room; borrowing faith; small rituals; blessing the room; sleep as intercession.
- Practices (choose 2): Breath prayer (inhale “Jesus,” exhale “be near”); invitation text (“Pray for me at \_\_:”); 3-2-1 gratitude each night.
- Discussion: Where do you tend to catastrophize in the waiting? What would ‘one faithful inch’ look like this week?
- On-Purpose Challenge: One blessing text a day to someone else in a ‘waiting room.’

## Week 2 • Turn Down the Noise on Purpose

- Read: Chapter 2.
- Key Verse: Philippians 4:8.
- Audit: Which inputs spike your anxiety? Which restore peace?
- Practices: 30-day news/politics curfew after 8 p.m.; one phone-free meal daily; a ‘single-source’ 10-minute news window.
- Discuss: What changed when inputs shrank? How did your relationships respond?

## Week 3 • Live for an Audience of One on Purpose

- Read: Chapter 3.
- Key Verse: Proverbs 29:25.
- Exercise: The Doorway Prayer — “Father, I’m here to love, not to impress.” Journal what shifts.
- Practices: Comfort-over-costume day; Approval Fast (no checking who liked/watched).

- Discuss: Where do you still perform? What boundary would protect your peace?

## **Week 4 • Forgive (Others & Yourself) on Purpose**

- Read: Chapters 4–5.
- Key Verse: Ephesians 4:32; Romans 8:1.
- Map: The Three Doors — Release, Reconciliation, Restoration of Trust.
- Practice: Write “This cost me...” then pray the cancel-the-debt prayer out loud.
- Self-Forgiveness: ‘Pond ritual’—write and release; replace condemnation with conviction.

## **Week 5 • Boundaries, Boxes & Brave Inches**

- Read: Chapters 8–10.
- Key Verses: Matthew 5:37; Philippians 4:6–7.
- Tools: Threshold ritual, Now/Next/Later/Never desk, Two-Yes Rule.
- Challenge: Choose one boundary to state kindly this week; schedule one micro-risk (5-minute courage).

## **Week 6 • Gratitude, Community & Acceptance**

- Read: Chapters 11–12 & 16.
- Key Verse: 1 John 4:19.
- Practice: Daily 3-2-1 (3 mercies, 2 people to thank, 1 worry handed to Jesus).
- Table Exercise: Plan a ‘cafecito’ hour—phones away, two questions, short prayer.
- Closing Liturgy: “Walk in bonus time. Walk on purpose.”