

## Week 48 Practice

Sometimes, discovering our passions provides a satisfying sense of purpose. But more often than not, our passions alone feel somewhat directionless. For instance, someone can discover a passion for playing the guitar, but playing the guitar, in and of itself, rarely feels like a life purpose. This is because oftentimes our passions are placed in us so that we might approach our pain with them and seek to redeem our pain *through* them. When what we love to do helps to heal the pain inside of us and, even, the pain the world, there is no greater sense of purpose and satisfaction. This is why so many musicians end up writing songs about their heartbreak—the guitar becomes a way to work through the wounds.

So far, in these weeks of loving, hopefully you have gained significant clarity about the nature of your passions. However, it is quite possible you are still unclear about their direction. You might be saying to yourself, “I want to do this thing, but to what end?” We seek clarity about how to live out our passions, but we rarely look in the one place we’ll find it: our pain.

In a good story, the pain the protagonist has endured gets redeemed by the final scene. It doesn’t necessarily go away, but the healing of it produces good things in the character and in the story. Think about your life as a story—what pain did you experience in the early scenes that continues to impact you today? Illness, loneliness, rejection, abandonment, disappointment, persecution, discrimination, fear? This list could go on forever, because the forms of pain go on forever, so this week it is time to get quiet again and focus on your own story.

Take time to reflect on the following questions:

1. *As you think of your life like a story, progressing toward a conclusion in which your pain gets redeemed, what part of your story lacks resolution, healing, or redemption?*
2. *How might your passion be directed toward the redemption of that pain?*

As you meditate upon this, list the ways you might thus live out your passion. Somewhere in the midst of your pain, over time, you will begin to discover a sense of purpose.