

HOW TO DISCOVER YOUR PURPOSE AS A CHRISTIAN WOMAN

Are you a Christian woman longing to discover your purpose but unsure where to start? Maybe God has been tugging at your heart, or you've reached a place where you desire more in Christ.



If so, I was where you are right now, and I completely understand. There was a season along my journey where I didn't know my purpose. In fact, there was a period of my life where I didn't even believe I had purpose.

It wasn't until I grew closer to God that I began to believe I have purpose. The enemy tried to convince me otherwise, but God assured me I was His chosen, here for a purpose. I wasn't here just to exist.

Throughout life we all reach a place where we wonder or question our existence. Maybe you've questioned your life or existence. Perhaps, you may have been in a place where you've felt like you were *just* existing.

Believe it or not, this is a common feeling among so many. There are many people all over the world who at some point have felt like they were *just* existing. They may have even felt that their life didn't have any meaning or purpose.

Today, I'm here to banish all of those thoughts and beliefs as I share with you some highly-effective ways you can go about starting your journey.

So without further ado, let's get right into it!

This post is all about discovering your purpose as a Christian woman.

As I briefly shared, many years ago I was in a season where I didn't know my purpose. In fact, purpose was something I often struggled with throughout my adolescence. For some reason, it seemed as though everyone around me had a special gift, talent, or ability — except me.

It wasn't until my mid-twenties that I began an intentional journey to discover my purpose and identity. I was so determined in my pursuit to discover who I was and why God created me.

What I've discovered about purpose is that it can only truly be found in God. Why? Because He is the One who created you.

We spend so much of our lives searching for who we are and what we were born to do in things, people, and ideas — without ever seeking God, and never truly connecting with our true selves.

After several months of intentional prayer, Bible study, meditation, and soul-searching, God began to reveal, little by little, who I was and what He had created me for.

Now that I've shared with you a little of my journey, let's dive into five effective ways you can begin to discover God's purpose for your life.

5 Highly-Effective Ways to Discover Your Purpose as A Christian Woman

Here, I will provide you with a step-by-step breakdown of how to discover your purpose in Christ.

While there are many ways to discover one's purpose, these are some ways I've found to be effective. I believe they will be helpful to you on your journey.

1. Establish Intimacy with God

Intimacy with God was a key part of my journey while seeking purpose. Establishing relationship with God through intimacy (e.g. prayer, Bible study, meditation) is one of the most effective ways to grow closer to God, receive guidance + insight from Him, and have God reveal things to you.

This is always first on my list when it comes to God because without closeness + oneness with Him how can one expect Him to show them anything? How can anyone move forward or do anything in Christ without first establishing a relationship with Him?

Two of the most effective ways to spend intimacy with God are through prayer and Bible study. There's just something about spending time in God's presence and word. While prayer is weary to the flesh, it's both powerful and life-changing. Once you press through the weariness, you'll see the reward therein.

Prayer alone is one of the most powerful ways to connect with God and grow closer to Him. The more you put yourself in a posture of prayer, the more God will reveal to you. He will begin to give you clarity, spiritual insight, guidance, etc.

As a Christian woman pursuing your purpose, your first focus should be on establishing a solid relationship with God. Honestly, there's no way around it.

2. Pray Specifically

Praying specific, straightforward prayers — without fluff or beating around the bush — is more powerful and effective in moving God on your behalf.

Over the years, I learned that establishing a life of prayer is key. Specifically praying for God to reveal your purpose is extremely effective as you begin the journey of stepping into what He created you for.

Here's a list of '[Specific Purpose Prayer Prompts](#)' from my eBook + workbook, *The Purpose Driven Woman*. Let these prompts help guide your prayers as you step into the purpose God has for you.

One important thing to remember when pursuing a relationship with God and your purpose is not to approach Him only for purpose. Seek God simply because you love Him and desire a genuine relationship, not just because you want something from Him.

Remember, God is the One who sees the heart ([1 Samuel 16:7](#)).

3. Understanding God's Word About Your Purpose

There are various passages of scripture in the Bible that speaks about God's purpose for His chosen. Understanding God's Word and what it means to be His child is vital to discovering and walking in your divine purpose.

Here are three Scriptures that speak powerfully to purpose and God's calling for His chosen people:

- **Ephesians 2:10 (NKJV):** "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."
- **2 Timothy 1:9 (NKJV):** "God, who has saved us and called *us* with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began."
- **Romans 8:28 (NKJV):** "And we know that all things works together for good to those who love God, to those who are called according to His purpose."

Studying and understanding God's Word is what He desires from His children and is a vital part of your journey to purpose.

4. Contemplation, Compilation, and Elimination

Many times God speaks to us or shows us things, but we often don't pay close enough attention — or we become detached from Him and miss it.

This is a three-step process of reflecting, compiling, and removing, which I share in my eBook *The Purpose Driven Woman*. The goal of this process is to help you dig deep, uproot, and pull out what God has placed within you. This is the hands-on part of your journey, where you begin to dive in and do the work.

Here, is a brief overview of each step:

Step 1: Contemplation

This step is about reflection — taking time to sit quietly and dig deep within yourself. During contemplation, consider your gifts, talents, strengths, passions, dreams, and any ways God may be calling you.

Set aside 20-25 minutes a day (or a few days a week) to reflect without distractions. Repeat this often until you begin to identify what God may have placed within you. This foundation will guide the next step in your purpose journey.

Try This: Use prompts to guide your reflection, such as: ‘What gifts has God given me?’ or ‘What dreams or callings keep pulling at my heart?’ and make note of them.

Step 2: Compilation

Compilation is the process of taking all your reflections from the Contemplation step and organizing them into a list.

Include everything you feel God may be calling you to, whether talents, passions, gifts, or ideas. As you compile your list, ask yourself questions like:

- Would this glorify God and positively impact others?
- Is this true to who I am at my core?
- Would this contribute to God’s kingdom or draw someone closer to Him?

Over time, this list will help you begin to identify patterns and areas that may point to your purpose. Remember, your purpose doesn’t have to be solely “spiritual”—it can include natural gifts and passions as well.

Try This: Keep a list, and update it regularly. Use your journal or a dedicated notebook to keep note of every thought, insight, or idea that comes to heart during contemplation and prayer.

Step 3: Elimination

Elimination is about refining the list you created in the Compilation step.

Review your list and prayerfully remove anything you don’t feel strongly called to or that doesn’t resonate with your heart.

After this process, you should be left with only the things you feel most passionate about — those things God has been tugging at you to pursue.

As you continue in prayer, ask God to confirm which of these are truly His calling for you. And be patient; discovering your purpose often takes time.

Paying attention to the passions, interests, and insights God has placed in your heart can often point you directly to the purpose He wants you to step into.

Try This: Review your list regularly and prayerfully eliminate things that feel less aligned with God’s calling.

Pay close attention to what excites your heart and stirs your spirit — these are often signs to your true purpose.

5. Build Godly Confidence

Believing you are called, chosen, and qualified by God is essential to walking in your purpose. God has placed gifts, talents, and assignments uniquely within you that no one else can fulfill. Yet, many of us struggle to fully believe in our own ability to step into what God is calling us to do.

Building godly confidence means trusting God's Word about who you are and walking in faith, knowing that He has equipped you for all He's called you to do.

Believe it or not, this was something I struggled with greatly. Even after God began to reveal things to me that I was praying for, I had a hard time believing I could do those things or become that person.

It wasn't that I didn't believe what God was showing me; I didn't believe I was capable nor able to do those things.

But one thing about God is that He won't call you to do something you're incapable of accomplishing. If He has instructed or called you to something, trust that He has equipped you with the capacity and capability to see it through.

Self-Confidence vs. Godly Confidence

Along with trusting God, it's also important to cultivate self-confidence—the assurance in your own abilities and identity in Christ—so that doubt doesn't hold you back.

When self-confidence and godly confidence work together, you can boldly step into your purpose, pursue your passions, and trust God to guide you every step of the way.

Without believing in your own abilities, it's easy to hesitate or hold back—even when God has clearly called you to act. But when you combine trust in God with assurance in yourself, doubt loses its power, and you can move forward with courage and clarity.

This post was all about discovering your purpose as a Christian woman.

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