



# Finding Meaning in Life

# Meaning

- Comes out of the core of our Being Human
- Created by God and in the the image of God
- Having value and purpose
- Having an identity - Doing

# Meaningless

- Hebrew word *hevel*
- A vapour, smoke
- Also translated as useless
- An enigma

## Steps of BEING on the journey

- Fear God and do his commands
- Choose Life - what is your lense?
- Perspective on time
- God is our only security

## Steps of DOING on the journey

- Take the next step: work, food, drink, relationship
- Choose to do good
- Adopt God's values – quiet wisdom, contentment

Being and Doing --> Meaning

- From despair back to Meaning  
= being + doing