Heart to Table

A PURPOSE DISCOVERY WORKBOOK

Five Weeks Toward Naming Your Gifts, Your Story, and Your Next Step

Heart to Table · Rise Journey

Purpose Discovery Now Go and Shine

RISE · Confidence. Calling. Leadership.

BEFORE YOU BEGIN

HOW TO USE THIS WORKBOOK

This isn't a personality test, and it won't hand you a five-year plan. It's a slower, more honest process: looking at your actual story, your actual gifts, and asking what they've been quietly pointing toward.

Move through one section at a time. Some will land immediately, others may take longer to answer honestly. Both are normal. By the end, you'll have a written purpose declaration, not a finished answer, but a clear starting point.

1. Read the section's teaching first. Let it sit before you write.
2. Answer honestly, not impressively. No one else reads this unless you choose to share it.
3. Do the practice, even imperfectly. Insight without action rarely becomes calling.
4. Finish with your declaration. Naming it is the first act of walking toward it.

> *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*
>
> **EPHESIANS 2:10**

Now go
and shine.

Heart to Table

THE SECTIONS

SECTION	FOCUS	SCRIPTURE
01	Your Story So Far	ESTHER 4:14
02	Your Gifts	ROMANS 12:6
03	Your Wounds Turned Wisdom	2 CORINTHIANS 1:3–4
04	Your Calling	EPHESIANS 2:10
05	Your Next Right Step	PROVERBS 16:9
06	Your Declaration	—

Now go and shine.

SECTION 01 · TEACHING

YOUR STORY SO FAR

Nothing in your life has been wasted, even the parts you'd never choose again. Purpose rarely announces itself in a single dramatic moment. Far more often, it hides in patterns, the thing you keep noticing, the problem you keep wanting to fix, the people you keep being drawn to help.

Esther didn't set out to save a nation. She was positioned, through an unlikely, uncomfortable series of events, for exactly the moment she was needed. Mordecai's question to her is worth asking yourself: who knows but that you have come to this identity, this history, this exact collection of experiences, for such a time as this?

This first step isn't about finding your purpose today. It's about looking honestly at your story, the good, the hard, the ordinary, and asking what it might have been preparing you for all along.

> *"And who knows but that you have come to your royal position for such a time as this?"*
>
> **ESTHER 4:14**

Now go
and shine.

Heart to Table

SECTION 01 · THE WORK

THE WORK

REFLECT

What season of your life would you never choose again, but wouldn't undo? What did it teach you that you couldn't have learned any other way?

What do people consistently come to you for, advice, comfort, a listening ear, a plan? That pattern is data, not coincidence.

THIS WEEK'S PRACTICE

This week, ask one person who knows you well: "What do you think I'm naturally good at?" Write down their answer, even if it surprises you.

CLOSING PRAYER

God, help me see my story the way You see it, not as scattered events, but as preparation. Show me what You've been building in me all along. Amen.

SECTION 02 · TEACHING

YOUR GIFTS

Gifts are strange that way, the things we're actually good at often feel too easy to count. We assume everyone can do what we do, so we discount it, when in reality that ease is evidence, not proof of insignificance.

Scripture describes a body with many parts, each necessary, none identical. Your gifts were never meant to look like someone else's. They were given specifically, deliberately, for a purpose only you can fill in exactly the way you'll fill it.

This week isn't about ranking your gifts against anyone else's. It's about naming what's actually there, without the false modesty that keeps so many people from ever using what they were given.

> *"We have different gifts, according to the grace given to each of us."*
>
> **ROMANS 12:6**

Now go
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SECTION 02 · THE WORK

THE WORK

CIRCLE WHAT'S TRUE

Administration	Creativity	Discernment	Encouragement
Evangelism	Faith	Generosity	Hospitality
Intercession	Leadership	Mercy	Service
Shepherding	Teaching	Truth-telling	Wisdom

Circle the three that feel most true of you, even if you've never called them a gift before.

What did you circle, and where in your life have you already seen it show up, even in small, unofficial ways?

THIS WEEK'S PRACTICE

Use one of your circled gifts intentionally this week, even in a small, low-stakes way. Notice how it feels to name it as a gift while you're doing it.

CLOSING PRAYER

God, thank You for what You've placed in me. Help me stop minimizing it, and start stewarding it. Amen.

SECTION 03 · TEACHING

YOUR WOUNDS TURNED WISDOM

Some of the most useful things you'll ever offer another person are things you once desperately needed yourself. The comfort you received in your lowest season doesn't disappear once you're through it, it becomes something you now carry for someone else.

Paul describes this directly: God comforts us in our troubles, not so the comfort stops with us, but so we can comfort others with the same comfort we received. Your hardest chapters were never wasted. They were, painfully and unfairly sometimes, training.

This doesn't mean everything happened for a tidy reason. It means God is skilled at redeeming what was never supposed to be wasted, including the parts of your story you'd rather not tell.

> *"He comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."*
>
> **2 CORINTHIANS 1:3–4**

Now go
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Heart to Table

SECTION 03 · THE WORK

THE WORK

REFLECT

What did you once desperately need, comfort, information, someone to say a specific thing, that you can now offer someone else?

Who would benefit most from what you've survived, even if you've never told them the full story?

THIS WEEK'S PRACTICE

Write one paragraph about a hard season, addressed to someone currently walking through something similar. You don't have to send it yet. Just write it.

CLOSING PRAYER

God, redeem what felt wasted. Show me who's waiting for exactly what I've walked through. Amen.

SECTION 04 · TEACHING

YOUR CALLING

Calling is often smaller and stranger than we expect, less a job title, more a way of showing up. It's what happens when your gifts meet your story meets the specific person or group you can't stop thinking about helping.

You don't need a title, a platform, or permission to start living out a calling. Ephesians says we were created for good works God prepared in advance, meaning the calling isn't something you have to manufacture from nothing. It's already been prepared. Your job is mostly to notice it and step into it.

This week's work is simply naming it as clearly as you can right now, understanding that clarity usually deepens with obedience, not the other way around.

> *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*
>
> **EPHESIANS 2:10**

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SECTION 04 · THE WORK

THE WORK

REFLECT

Write one sentence describing who you feel most called to serve, help, or speak to, even if it feels too specific or too small.

What would it look like to bring your gifts to that person or group this month, not someday, not after you feel ready?

THIS WEEK'S PRACTICE

Take one concrete action toward the person or group you named, a message, an offer, a conversation, this week, not eventually.

CLOSING PRAYER

God, You already prepared this. Help me stop waiting to feel ready, and start walking toward what You've already set in motion. Amen.

SECTION 05 · TEACHING

YOUR NEXT RIGHT STEP

Purpose rarely arrives as a five-year plan handed down all at once. More often, it's revealed one obedient step at a time, which means clarity is usually the reward for movement, not the requirement for it.

This can feel disorienting if you're someone who wants the whole map before you'll take the first step. But scripture consistently describes a walk, not a blueprint. Commit your work to the Lord, and your plans will be established, not because the plan was fully visible upfront, but because each step was surrendered as it came.

You don't need to know where this leads yet. You only need to know what's next.

> *"In their hearts humans plan their course, but the Lord establishes their steps."*
>
> **PROVERBS 16:9**

Now go
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SECTION 05 · THE WORK

THE WORK

REFLECT

What's one small, doable step toward this calling you could take this month, not five years from now?

What's actually stopping you, a real barrier, or fear wearing a practical-sounding excuse?

THIS WEEK'S PRACTICE

Put a date on your next step. Not a vague intention, an actual date on your calendar this week.

CLOSING PRAYER

God, I don't need the whole map. I just need the next step, and the courage to actually take it. Amen.

SECTION 06 · DECLARATION

YOUR DECLARATION

You don’t need certainty to write this. You need honesty about where you are right now, and enough faith to put it into words. Purpose statements aren’t binding contracts, they’re starting points you’re allowed to refine as you walk.

Fill in the blanks below as honestly as you can today. Come back and rewrite it in six months. It will likely change, that’s not failure, that’s clarity deepening.

I, _____, believe I am called to

_____,

using my gifts of _____,

for _____,

starting with _____.

CLOSING PRAYER

God, thank You for the story You’ve written so far. I don’t need every detail of what’s next, I just ask for courage to walk toward what You’ve already shown me. Now let me go, and shine. Amen.

Now go
and shine.

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YOU HAVE A STARTING POINT

YOU DON'T NEED THE WHOLE MAP.

You only ever needed the next step, and you just took it.

"You are the light of the world. Let your light shine before others."

MATTHEW 5:14–16

Now go and shine.