

Sunday Q&A

Your Faith in Focus



ANSWERING THE BIG QUESTION

What is the point—the purpose and meaning of life?

Our Catholic Faith speaks directly to this central question. In one of their Ascension Presents videos, Jackie and Bobby Angel pose the query in a different way, asking, “What’s the point?” This reflection presents an answer.

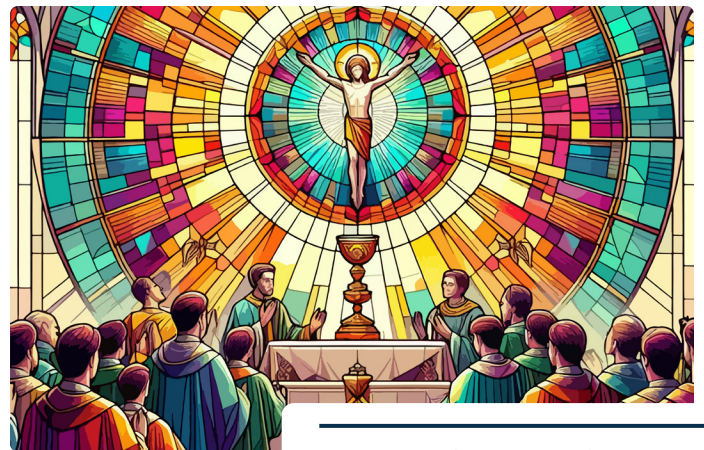
Written On the Human Heart

A survey conducted in 2023 reported that 58 percent of people in the United States (ages 18–25) felt that life was meaningless, purposeless.* In contrast, the *Catechism of the Catholic Church* affirms that “the desire for God is written in every human heart, because man is created by God and for God; and God never ceases to draw man to himself. Only in God will he find the truth and happiness he is searching for” (CCC 27).

Most of the young people in that study sound hopeless, but that depressing point of view has no foundation. If we turn to God, we will find truth and happiness. We were created in God’s image, and our destiny is to spend eternity with God in heaven.

When Bobby taught in a high school, he was invited to graduation parties. The gift he gave was *Man’s Search for Meaning* by Victor Frankel, a Holocaust survivor. Frankel, an Austrian Jewish psychologist, went to the

death camps and saw firsthand what happens when people give up hope, when they abandon meaning. They completely give up. The power of hope is born of the genuine belief that God is in control. Frankel’s book, set against the dark backdrop of a concentration camp, draws readers to that conclusion.



Pray to the One who gives meaning to your life.

We were made for more than what’s here and now. Since this isn’t your final destination, you *can* have meaning and purpose. God is the only one who can satisfy that ache and longing in your heart.

Ask the Lord to reveal to you what’s going on in your heart. Is this message of meaning and purpose stirring? Then let your prayer be, “Lord, help me know that you know me by name and that you are calling me to great things in this life. In Jesus’ name, Amen.”

Make It Your Own

Much of humanity has pondered why God made us. St. Ignatius of Loyola's First Principle and Foundation from *The Spiritual Exercises* states his answer succinctly: "Man is created to praise, reverence, and serve God, Our Lord, and by so doing save his soul." Look at your life, ask how you are accomplishing these three goals right now, and consider what you can do better.

Ponder and Pray

- How do you understand the purpose of life?
- How do your daily habits match up with that understanding?

| Goal | How that is going: | Ideas for real growth: |
|---------------|--------------------|------------------------|
| To Praise God | | |
| To Love God | | |
| To Serve God | | |

Tip of the Week

Consider what habits you can develop to stay connected to your purpose in the midst of life. Is it journaling? Is it scheduling intentional prayer time? Is it a new habit of checking in with your spouse or family to talk about joys and hurts? Start something new or renew a commitment that you've fallen away from.

Dive Deeper

To watch the video on this topic scan the code

or visit the URL: <https://media.ascensionpress.com/video/whats-the-point-mans-search-for-meaning/>

