

**Key Verse:** Jeremiah 29:11 – *“For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future.”*

### **SUMMARY**

Your “why” is the reason behind what you do—the purpose that motivates your actions and gives meaning to your choices. Whether it’s getting up for school, showing up to practice, or pursuing your dreams, knowing your “why” helps you stay focused, even when things get hard. Just like Thomas Edison, who kept experimenting despite countless failures because of his vision, having a strong why allows you to overcome obstacles and make consistent decisions that align with your purpose. God has placed a unique purpose and plan in your life, and discovering your “why” helps you live intentionally and accomplish the plans He has for you.

### **ICEBREAKER**

Think about something you do every day. Why do you do it? Do you think there’s a bigger reason behind it?

### **DISCUSSION STARTER**

Why do you think people sometimes do things without thinking about their ‘why’? What can happen when you live without purpose?

### **DISCUSSION QUESTIONS**

1. How can knowing your why help you make better daily decisions?
2. How did Thomas Edison’s why keep him going even when he failed thousands of times??
3. Can you identify one area in your life where knowing your why could help you push through challenges?
4. How does God’s plan for your life connect with your personal why?
5. What practical steps can you take this week to start living with purpose and intention?

### **ACTIVITY:**

**“Discover Your Why”** – Give each student a sheet of paper and have them write down the following:

1. One thing you do every day (school, practice, work, hobbies).
2. Why you do it (your initial answer).
3. Dig deeper – what is the bigger reason behind that choice?

Encourage students to reflect silently or share with a partner. Then, have them pick one “why” they want to focus on this week and write one small action they can take to live it out intentionally.

### **WRAP-UP**

Your why determines what you do each day. When you know your purpose and the reason behind your actions, even though or boring tasks become meaningful. God has a unique plan for your life and discovering your why helps you walk in that plan with focus and determination. *Your why determines your what—find it, embrace it, and live it out*

