

‘The world is in an identity crisis. Young people are asking some very big questions. In this book Dave Boden tackles some of the most relevant topics for young people today and helps them see the good news, that God has a plan and it is good.’

ALISTAIR CHALMERS, author of *Road Map to Jesus*

‘*What You Are Made For* is culturally relevant, with specific, real-world help for young adults who are seeking their purpose in life. Dave keeps his balance perfectly on the tricky path between our individuality and our call to live in community, showing that our uniqueness is how we serve.’

H.R. HESS, author of the *Callenlas Chronicles*

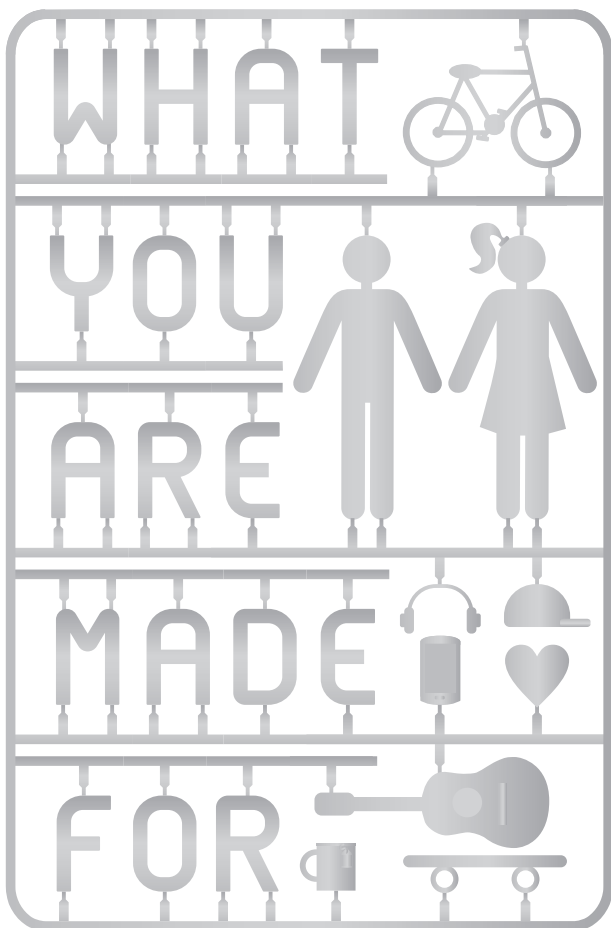
‘*What You Are Made For* offers teenagers an engaging blend of practical tools and biblical wisdom as they seek answers to the questions we all have about our life’s purpose and meaning.’

CASSIE MARTIN, author of *Genuine*

‘An accessible book that empowers and encourages as it takes you on a journey of discovering your purpose.’

MILLIE, Aged 16

YOUR GUIDE TO FINDING PURPOSE



DAVE BODEN

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INTRO



They say the two most important days in your life are the day you're born and the day you discover why. You're here on planet earth for a reason, and this book is designed to help you unlock this purpose.

It's worth knowing from the get-go that we focus on a Christian perspective throughout this book. *What You Are Made For* is based on ancient wisdom that has been around for thousands of years, and it can totally transform your life.

At the heart of Christianity is the most famous person in all of history – Jesus. If you aren't quite sure who he is, why he came, and why that would even matter to a young person like yourself, you could check out my first book *Like or Follow: What Every Teenager Needs to Decide about Jesus*.

Curious about what comes next once you're a Christian? Read on.

Each short chapter explores an aspect of how you can live purposefully. We start with a sentence that sums up the point in a nutshell and at the end of each chapter there are questions to reflect on either by yourself or with someone you trust. We'll think about how and why God has made and shaped you; what influences will help or hinder you; and how to overcome barriers to living out what you are made for.

HIGHLIGHT REEL: DAVID'S STORY

Throughout this book, we'll be digging into the Bible. Whenever you see a quote like this:

The LORD will fulfil his purpose for me; your steadfast love, O LORD, endures forever.

(Psalm 138:8, *ESV*)

...the name and number refer to the part of the Bible the quote comes from. Need to know how to find a Bible verse? Psalms 138:8 = the Bible book 'Psalms', chapter 138 (the big numbers in each Bible book) and verse 8 (the small numbers in each chapter). The letters (like '*ESV*') let you know which translation

of the Bible has been used. If there are no letters, the quote comes from the New International Version.

You'll also discover insights from the life of David, in the Old Testament, through 'highlight reels' like this one. David wrote the words quoted above.

David was a young shepherd boy who became one of the greatest kings of ancient Israel after his humble start in life. He famously defeated the giant Goliath with just a sling and a stone. Though he was a musician and poet who wrote many of the psalms in the Bible, his life wasn't always easy. He faced betrayal, emotional struggles, and made big mistakes, but always turned back to God. Through it all, the life of David reminds us that God can use anyone, no matter their issues, to fulfil his purpose.

You can read David's life story in the Bible beginning at 1 Samuel 16 and continuing through to 1 Kings 2. Exploring David's journey can help you find your own purpose. Along the way, David reminds us that Jesus is our ultimate example – showing us the best way to live, love, and fulfil our destiny.

Here's the good news: God had a purpose for this world long before you tried to figure out your own. This means instead of stressing about finding your own way, life is about getting on board with what God is already up to.

Have you ever played that crazy video game *Just Dance*? It's all about copying the moves you see on the screen to rack up points, level up, and outshine the competition. The more you dance, the tougher it gets, and eventually, you're barely keeping up. It's exhausting trying to nail every move perfectly!

But finding God's purpose for your life isn't like that. It's not about meeting a very narrow set of criteria to qualify or following a complicated set of rules. You don't need to worry about getting everything exactly right or feel pressured to plan out the next twenty or thirty years of your life. Living purposefully starts right where you are. It's about growing, learning, and discovering how to be a part of what God is doing in the world, one step at a time. This book will show you how to make the first move.

CHAPTER I



FINDING YOUR THING

WHY AM I HERE?

YOU WERE MADE FOR A PURPOSE.

Nobody thought a movie about a plastic doll would make over a billion dollars at the box office, but guess what? *Barbie* smashed it and became a massive global sensation. Perhaps you were there on the opening weekend decked out in your best pink feather boa and a cowboy hat. Alternatively, maybe you'd rather watch paint dry on a TikTok livestream than even sit through the 3-minute trailer but, either way, for a while *Barbie* was everywhere.

The film featured this powerful song, ‘What Was I Made For?’ by Billie Eilish. The lyrics hit way deeper than you’d expect for a comedy.

In the music video, Billie Eilish sits at a classroom desk, popping open a vintage trunk full of mini versions of iconic outfits from her career – think tiny Gucci tracksuits, Chanel Oscars outfits, and even a yellow jumpsuit, all ready to be set up on a mini rack.

Out of nowhere, the ground starts shaking, the wind’s howling, and rain is coming down hard while Billie’s hustling to set up her wardrobe amidst the chaos. She’s freaked out, trying to stay in control and keep the show rolling but she knows ultimately she can’t. Who is she really?

When the rain finally stops, Billie gives up, shoving all the soaked outfits back in the trunk. She disappears off screen, leaving the table and chairs empty. Then it hits us – maybe this isn’t just your average music video? It’s a lesson about how, when everything feels like it’s crumbling, we long for purpose. We want to know what we are made for.

Billie Eilish isn't the only one asking the question. People have been trying to figure out their purpose for centuries.

Over 2,400 years ago, the famous philosopher Aristotle claimed that 'Happiness is the meaning and the purpose of life.' Although lots of people think that today too, this answer hasn't worked in practice. After all, feelings can go up and down, like a rollercoaster. What if you have a bad day? Or what if something that makes me happy hurts someone else? Aren't some things important to do even if they're hard? Surely we were made for something better than just feeling good?

Of course, asking 'What was I made for?' implies that you were made for a reason. Not everyone believes this is true. Some people say we're all just random accidents of nature. Maybe we're just a bunch of molecules that somehow got zapped into life after millions of years of evolution? Maybe there's no big plan and we might as well just try and make the best of things?

As Christians we know that there is more to life than this. Right from the very start of the Bible we