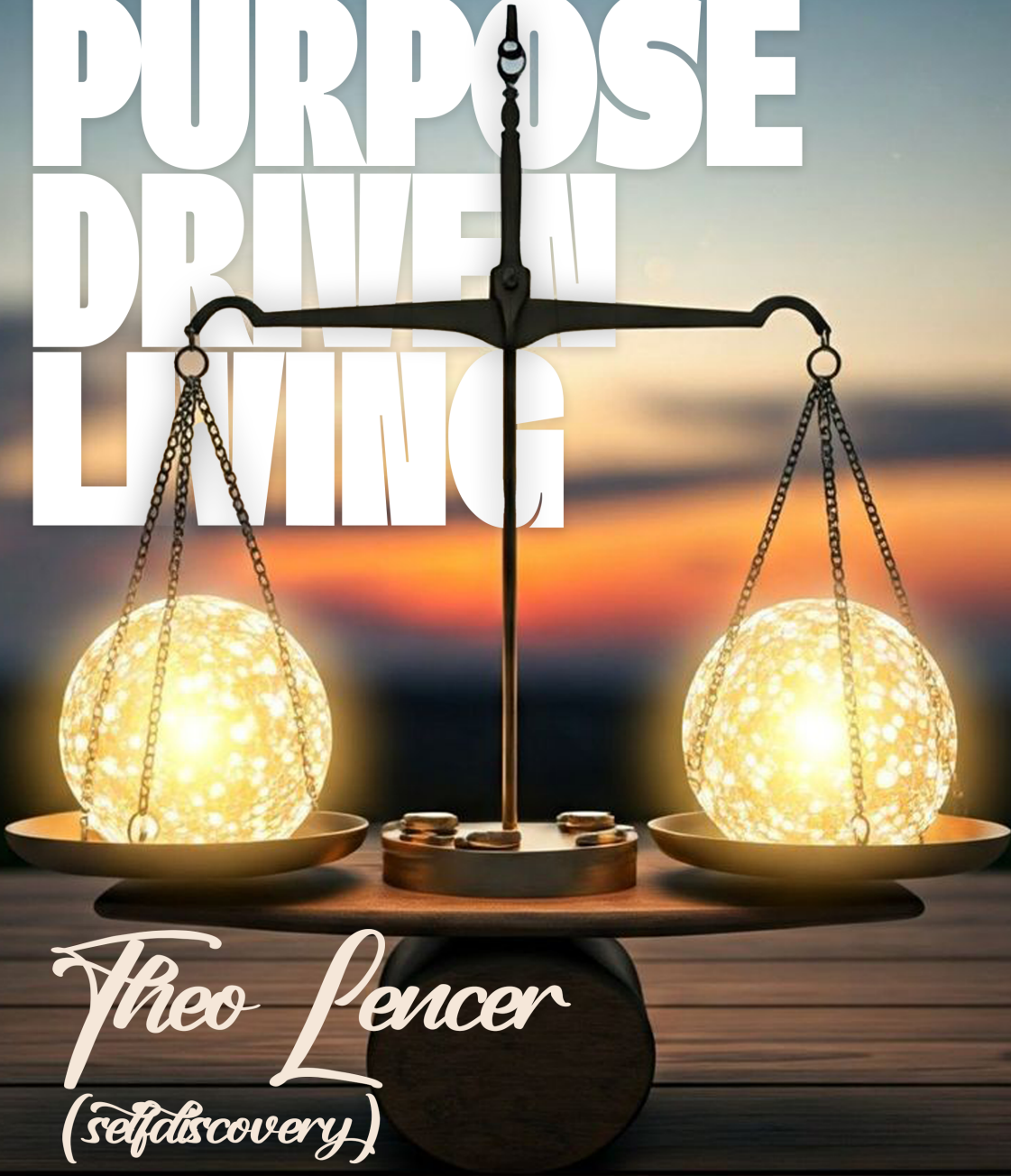


PURPOSE DRIVEN LIVING

A balance scale is centered in the image, resting on a dark wooden surface. It has two pans, each containing a large, glowing golden sphere made of many small, bright points. The scale is perfectly balanced. The background is a soft-focus sunset or sunrise with warm orange and yellow tones. The title 'PURPOSE DRIVEN LIVING' is overlaid in large, white, bold, sans-serif capital letters.

Theo Lencer
(selfdiscovery)

The Purpose-Driven Living

Living with Meaning, Leadership, and Wholeness

Compiled, Expanded, and Edited by Theo Lencer (Founder of Self-Discovery)

Featuring Teachings by Dr. Emmanuel Agyemang-Badu, Mr. Ebenezer Nyarko Kumi, and Ps. Isaac Owusu Spelvin

Dedication

To every reader seeking to understand and live God's purpose.

May these pages lead you toward wholeness in health, wisdom in leadership, and peace in your spiritual walk.

Preface — Living with Meaning in a Busy World

When I began gathering the sessions from the Purpose-Driven Living Series, I didn't expect a book to emerge. I simply wanted to preserve the wisdom that God released through our guest speakers. Yet, as I listened again to their teachings, a divine pattern became clear.

Each message was a vital piece of one revelation: Purpose is wholeness. Dr. Agyemang-Badu reminded us that health is stewardship. Mr. Kumi showed us that leadership is a calling, not a competition. Ps. Spelvin drew our eyes back to the heart of it all — identity in Christ.

This devotional flows like a single conversation between God and His children. Each session invites you to slow down, reflect, and realign. You'll find Scripture callouts, reflection prompts, and "faith-in-action" moments designed to make the truths practical.

As you read, I encourage you to keep a notebook nearby. Write your answers, your prayers, and even your struggles. God is not demanding perfection from you; He is inviting partnership.

— **Theo Lencer**

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Session I — Health & Wholeness

(Teachings drawn from Dr. Emmanuel Agyemang-Badu)

Chapter 1 — Who Is Healthy?

What does it mean to be healthy? Dr. Agyemang-Badu began by reminding us that health is **holistic**. It is not merely the absence of disease but the presence of balance — a state where body, mind, and soul work in harmony with God’s design.

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” — 3 John 1:2 (NIV)

In God’s eyes, health cannot be reduced to medical charts or physical appearance. True health includes mental peace, emotional stability, social balance, and spiritual vitality. The alarm systems of the body — pain, fatigue, stress — are not always reliable indicators of wellness. Sometimes we are spiritually exhausted long before symptoms appear.

So, who is truly healthy? The one whose heart is at peace, mind is disciplined, and spirit is alive in God. Health is wholeness — living in tune with God’s rhythm.

Chapter 2 — Salvation and Health

Dr. Agyemang-Badu drew a powerful parallel between **salvation** and **health**. He said, “Grace saves the soul, but wisdom sustains the body.”

Salvation and health are both divine gifts, but they come with responsibility. You cannot live carelessly and expect supernatural outcomes.

“Shall we continue in sin that grace may abound? Certainly not!” — Romans 6:1–2 (NIV)

Just as grace doesn’t excuse sin, wisdom doesn’t excuse neglect.

- **SALVATION:** Shall we continue in sin?
- **HEALTH:** Shall I continue to consume and live however I want?

Certainly not! We cannot escape the repercussions of poor stewardship. Grace empowers obedience; health requires participation. God provides healing, but He expects cooperation — through discipline, rest, nutrition, and gratitude.

“By his wounds we are healed.” — Isaiah 53:5 (NIV)

Healing is both a gift and a responsibility.

Chapter 3 — Physical Activity and Divine Stewardship

Physical fitness, as Dr. Agyemang-Badu taught, is not vanity — it's stewardship.

He described physical fitness as the somatic attributes brought about by exercise that allow one to perform moderate to vigorous activities without undue fatigue. This can be health-related or skill-related, but in every case it supports purpose.

Our bodies were designed for motion, not stagnation. The human system is constantly creating balance; exercise enhances that God-designed harmony.

“Do you not know that your bodies are temples of the Holy Spirit... you were bought at a price?” — 1 Corinthians 6:19–20 (NIV)

Physical activity improves endurance, mood, focus, and spiritual clarity. A healthy body sharpens sensitivity to the Spirit. When we move in rhythm, we echo creation's command to be fruitful and multiply. Activity is an act of worship when done in reverence.

Chapter 4 — The Crisis of Inactivity (Risk & Mortality)

Dr. Agyemang-Badu called **physical inactivity one of the greatest silent health problems worldwide**. Nearly **31% of the world's adult population** — roughly **1.8 billion adults** — do not meet the recommended amount of physical activity. Between 2010 and 2022 this prevalence increased about 5%, and projections indicate it could reach 35% by 2030.

Physical inactivity is associated with poor health outcomes and **a higher relative risk of early death** — an estimated **20–30% increased relative risk of mortality** among physically inactive groups. Alarming, physical inactivity is identified as the **4th leading cause of early global mortality**.

This risk connects to many serious conditions:

- Cardiovascular disease (hypertension, heart disease, stroke, peripheral arterial disease)
- Type II diabetes mellitus
- Obesity
- Certain cancers (breast, colon, bladder, endometrial, stomach, kidney)
- Metabolic disorders (hyperlipidaemia)
- Mental health disorders (e.g., depression, anxiety)

Dr. Agyemang-Badu also pointed out that clinicians do not always screen for physical inactivity or provide sufficient counseling — only an estimated 13–34% of primary care patients in some settings reported receiving advice on physical activity. Routine medical screening — at least once a year with vital signs and appropriate blood tests — is part of faithful stewardship. Prevention is spiritual care.

“My people are destroyed for lack of knowledge.” — Hosea 4:6 (NIV)

Faith in Action

- Begin a weekly rhythm of movement — walk, stretch, dance, or cycle.
- Schedule your annual health check as an act of gratitude, not fear.
- Treat your energy as sacred currency to steward for your calling.

Chapter 5 — Rest and Recovery — God’s Pattern of Renewal

God modeled rest from the beginning. After creation, He rested — not because of fatigue but to set the rhythm of renewal.

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’” — Mark 6:31 (NIV)

Dr. Agyemang-Badu emphasized the **principle of rest and recovery**: replenishing depleted stores physically, emotionally, mentally, and spiritually. Rest is not the same as sleep alone; it is holistic restoration.

Two practical kinds of rest:

- **Passive Rest:** Sleep, stillness, deep recovery.
- **Active Rest:** Light activity between high-intensity efforts — walking, stretching, mobility work, or reflective silence.

Many leaders are guilty of relentless busyness. Leaders who change the world often shortchange their own rest. Yet the Sabbath and rhythms of rest are divine safeguards.

“In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.” — Psalm 127:2 (NIV)

Practical Recommendations

- Take regular rest days.
- Prioritize quality sleep.
- Eat nourishing, anti-inflammatory foods.
- Engage active recovery (walking, stretching, gentle movement).
- Practice stress management (mindfulness, time in nature, quiet activities, prayer).

As Dr. Agyemang-Badu said, *“One person’s stress is another person’s recovery.”* Learn your personal rhythm and respect it.

Chapter 6 — Reflection: The Temple of Wholeness

Being healthy is not about perfection — it's about alignment. Your body is a temple, not a machine. It houses the Spirit, serves your purpose, and deserves care. When you are physically whole, your mind becomes clear and your spirit becomes receptive.

“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.” — 1 Thessalonians 5:23 (NIV)

Faith in Action

- Treat exercise, rest, and nutrition as forms of worship.
- Replace guilt with gratitude — thank God for every heartbeat.
- Invite the Holy Spirit to help you care for yourself as He dwells within you.

Theo's Reflection — Stewarding the Vessel

Dr. Agyemang-Badu's message reminded me that purpose cannot thrive in exhaustion. Holiness and health are allies, not opposites. To neglect the body that carries the Spirit is to dishonor the Giver. Wholeness is worship.

Session II — Business & Leadership

(Teachings drawn from Mr. Ebenezer Nyarko Kumi)

Chapter 7 — Purpose Over Profit: Building with Conviction

“Purpose is a system, not a slogan,” Mr. Kumi declared. Business becomes truly spiritual when it mirrors the Creator’s character: honest, creative, fruitful, and redemptive.

He warned of the temptation to pursue profit without principle. Many chase opportunity but neglect obedience. God calls us to build enterprises and careers that serve people, advance the Kingdom, and free hearts — not enslave them.

“Joseph managed the wealth of Egypt with foresight ... saving nations during famine.” — **Genesis 41 (NIV)**

Joseph’s plan was revelation-based. He prepared during plenty so he could serve during famine. Purpose-driven people build before the storm.

“The Lord detests dishonest scales, but accurate weights find favor with him.” — **Proverbs 11:1 (NIV)**

Integrity is heaven’s currency. Momentary gain from dishonesty costs eternal witness. When money becomes ministry, prosperity blesses others as well as the steward.

“Zacchaeus stood up and said, ‘Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.’” — **Luke 19:8 (NIV)**

Faith in Action

- Audit your motives: are you building for service or status?
- Ask God how your business can meet real human need.
- Dedicate your creativity and ideas to God as an offering.

Reflection

- Would I still pursue this work if no one applauded me?
- How can I build a company or career that outlives me for kingdom impact?

Chapter 8 — The Daniel Principle: Excellence Without Compromise

Daniel's life in Babylon exemplifies excellence under pressure. He learned the systems, grew in skill, and yet refused to trade conviction for convenience.

“God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.” — Daniel 1:17 (NIV)

Excellence is not perfectionism; it is integrity expressed through skill. The Spirit of God equips us to be wiser and more creative than surrounding culture. When we offer excellence, we evangelize without words.

“Now Daniel so distinguished himself ... that the king planned to set him over the whole kingdom.” — Daniel 6:3 (NIV)

Promotion is not the end; representation is. Use influence to point people to God, not to self.

Faith in Action

- Refuse shortcuts that compromise conscience.
- Invest in learning — your mind is part of your ministry.
- Treat your workplace as holy ground.

Reflection

- Where have I settled for “good enough” instead of God's best?
- What daily habits will sustain excellence under pressure?

Chapter 9 — Redeeming Time: The Nehemiah Blueprint

Time is destiny's currency. Nehemiah's leadership—prayerful planning, wise delegation, and focused execution—shows how purpose redeems seasons and hours.

“So the wall was completed ... in fifty-two days.” — Nehemiah 6:15 (NIV)

Nehemiah prayed before planning and worked with others to finish what God started. The result was decisive progress: purpose clarifies priorities; clarity accelerates progress.

“Commit to the Lord whatever you do, and he will establish your plans.” — Proverbs 16:3 (NIV)

Redeeming time is protecting your schedule from distractions that do not serve God's mission. Prayer-first planning, gratitude-filled endings to your day, and calendar stewardship are practical ways to live this principle.

Faith in Action

- Start each week with prayerful priorities.
- Guard your calendar as sacred.
- Finish the day with gratitude rather than shame.

Reflection

- What drains my time without adding eternal value?
- How can I structure my week around what matters most to God?

Chapter 10 — Stewardship and Strategy: The Proverbs 31 Model

Mr. Kumi concluded with an image of leadership from Proverbs 31: industrious, strategic, generous, and wise. The Proverbs 31 woman plans, invests, and gives — she turns profit into purpose.

“She considers a field and buys it; out of her earnings she plants a vineyard.” — Proverbs 31:16 (NIV)

Kingdom entrepreneurship is not greed wearing noble language. It is diligence powered by devotion. Stewardship is worship: manage resources as if God is the ultimate shareholder. Strategy is wisdom: order actions so generosity can grow.

“Honor the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing.” — Proverbs 3:9–10 (NIV)

Faith in Action

- Turn profits into purposes for ministry.
- Mentor someone and multiply what God gave you.
- Thank God not only for income but for insight and wisdom.

Reflection

- What legacy will my leadership leave?
- How will my success translate into service for others?

Session III — Identity & Spirituality

(Teachings drawn from Ps. Isaac Owusu Spelvin — faithfully reproduced and expanded into devotional narrative)

Chapter 11 — Living from Purpose, Not Pressure

In a world that defines people by what they do or have, it's easy to lose sight of who we truly are. Purpose-driven living is not about pressure; it's about alignment. It's about discovering why you were created and living from that center.

“He has made everything beautiful in its time. He has also set eternity in the human heart.”
— **Ecclesiastes 3:11 (NIV)**

Wholeness in purpose means your spirituality defines your identity, and your inner convictions align with your outward actions. When identity precedes assignment, everything you do flows from rest rather than striving.

Faith in Action

- Begin each day asking, “Lord, what does alignment look like for me today?”
- Lay down one source of pressure and ask God to replace it with His peace.
- Let Scripture shape how you see yourself before the world tries to define you.

Chapter 12 — Understanding Goals, Plans, and Purpose

Ps. Spelvin clarified a critical distinction:

- **Goals are achieved.**
- **Plans are carried out.**
- **Purpose is fulfilled.**

To *fulfill* is to satisfy a requirement or to fill completely — like a student fulfilling graduation requirements. Plans belong to men; purpose belongs to God.

“Many are the plans in a man’s heart, but it is the Lord’s purpose that prevails.” — **Proverbs 19:21 (NIV)**

“Everything ... finds its purpose in Him.” — **Colossians 1:16 (MSG)**

Goals change with seasons; purpose endures. When your goals align with God’s purpose, your efforts serve covenant rather than craving.

Faith in Action

- Write three personal goals, then ask how each serves God’s purpose.
- Allow God to refine your ambitions until they reflect His heart.

Chapter 13 — The Human Vacuum: Fulfillment and Wholeness

Philosophy says nature abhors a vacuum; Ps. Spelvin explained that every human heart has an inner space shaped for God. Many try to fill it with possessions, achievements, or human approval — but only Christ fits that shape.

“He has made everything beautiful in its time ... He has also set eternity in the human heart.” — **Ecclesiastes 3:11 (NIV)**

“God placed all things under Christ’s feet and appointed Him to be head over everything for the church.” — **Ephesians 1:22–23 (NIV)**

That divine “eternity” is a memory of Eden and a whisper of destiny. With Christ, the vacuum becomes fullness; without Him, success feels hollow.

Faith in Action

- Ask daily, “What am I using to fill my heart today?”
- Swap escapism for engagement — talk to God instead of turning to distraction.
- Practice gratitude so the vacuum is filled with praise.

Chapter 14 — The Beauty of Being Filled

When Christ fills you in time, life reflects His beauty; when He fills you in eternity, your heart takes on His nature. This is glory — the radiance that comes from being filled with God’s fullness.

Your career, ministry, and talents are **channels** for purpose, not the purpose itself. The vessel is not the content; the content is Christ.

“A life devoted to things is a dead life; a God-filled life is a flourishing tree.” — Proverbs 11:28 (MSG)

Visible evidence of being filled: integrity, excellence, diligence, and faithfulness. These are signs of presence, not perfection.

Faith in Action

- Rededicate your gifts to God.
- Refuse identity theft from titles; reclaim your source.
- Let service reveal Christ more than words ever can.

Chapter 15 — Purpose-Driven Leadership: Clarity, Conviction, Calling

Purpose-driven leadership rests on three pillars, as Ps. Spelvin outlined:

- **Clarity:** Knowing who you are and why you are here.
- **Conviction:** Remaining anchored in truth even when tested.
- **Calling:** Recognizing leadership as divine assignment, not a position.

“If your gift is to lead, do it diligently.” — Romans 12:8 (NIV)

True leadership flows from identity, not ambition. Jesus led from love and service; He washed feet instead of demanding crowns. Leaders who lead from calling cultivate peace and build generational influence.

Faith in Action

- Serve before speaking; let humility precede influence.
- Ask God each morning to remind you of your “why.”
- Use influence to elevate others, not self.

Reflection

- Which of the three — clarity, conviction, or calling — needs strengthening in my life?
- How can my leadership reflect love rather than performative success?

Final Reflection — Living a Fully Integrated Life

Health, leadership, and identity are threads of one divine tapestry. When they align, life becomes whole and purpose flows naturally.

“Trust in the Lord with all your heart and lean not on your own understanding.” — Proverbs 3:5–6 (NIV)

Wholeness is partnership with God. He invites us to walk with Him — rested in body, faithful in work, anchored in identity. When these merge, life is not about achieving purpose but abiding in it.

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” — Matthew 5:16 (NIV)

Final Prayer

Lord, teach me to live whole. Heal the places I have neglected, align my motives with Your purpose, and let my life display Your beauty. Amen.

Five Affirmations of Purpose

1. I honor my body as a vessel of divine purpose.
2. I lead with integrity, not ambition.
3. I create value that reflects Heaven’s excellence.
4. I rest and recover as acts of worship.
5. I live from fullness, not pressure.

About SelfDiscovery

SelfDiscovery is a faith-driven movement dedicated to helping people understand who they are in Christ and live out their God-given purpose. Through teachings, community, creative expression and practical tools, we guide people toward clarity, identity and intentional living.

Our goal is simple: to see lives transformed through purpose, truth and Kingdom impact.

A Message From the Founder

Thank you for taking the time to read through this resource. My hope is that each page has added light, direction and strength to your journey of discovering who God designed you to be.

SelfDiscovery began as a personal conviction — a desire to help people see beyond their struggles and step into the identity that God has already placed within them. Today, that small seed has grown into a community, a brand and a mission that continues to evolve. This book is part of that mission.

I'm grateful that you're here. I pray this serves you well, and I hope it becomes one of the tools that shapes your purpose, your faith and your daily walk.

— Theo Lencer

Founder, SelfDiscovery

Connect With Us

If you'd like to stay updated, reach out or join the movement, here's where to find us:

Website: www.selfdiscoverywear.com

Contact: 0542068078

Community Page: <https://chat.whatsapp.com/Gyu9Z4v1oZR4AvjrwtNvdX>

Social Media: @selfdiscoverywear

We'd love to hear from you, walk with you and support you in any way we can.