

1 LIVING IN THE CENTER

Do you "know" your why?

**2 "ONE WHO HAS A WHY
CAN SURVIVE ANY HOW."**

Holocaust Survivor Victor Frankl

3 **"ONE CAN LIVE IN THE SHADOW OF AN IDEA AND NOT REALLY GRASP IT."**

Elizabeth Bowen

4 **"FOR TO ME, TO LIVE IS CHRIST..."**

Philippians 1:21

5 **LIVING WITH THE RIGHT PURPOSE**

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**6 FOR THE LOVE OF CHRIST CONTROLS US, HAVING CONCLUDED THIS, THAT ONE
DIED FOR ALL, THEREFORE ALL DIED;**

**7 [15] AND HE DIED FOR ALL, SO THAT THEY WHO LIVE MIGHT NO LONGER LIVE
FOR THEMSELVES, BUT FOR HIM WHO DIED AND ROSE AGAIN ON THEIR BEHALF.**

II Corinthians 5:14-15

“One can live in the shadow of an idea and not grasp it” (Elizabeth Bowen)

A person cannot afford to allow his or her motivations to remain obscure, unclear or hazy. The stakes of the game are way too high... you dare not allow them to remain shadowy, ungrasped ideas.

There is a profound difference between one who lives life keenly aware of its spiritual nature and one who lives oblivious to life’s true spiritual nature. Until a “person grasps the idea,” and recognizes that true spiritual nature, spiritual solutions won’t be able to help. But once a person grasps it, that profound spiritual nature of life, then he or she can tap into and draw freely upon inexhaustible reservoirs of strength and healing.

There are people who possess some instincts, but remain more or less unaware of or oblivious to them. Their noble purpose remains half buried and unarticulated, lost to the one who possesses it. If it remains unarticulated, outside of consciousness, the person cannot receive the nourishment to live life well and do more than simply survive.

Life is fraught with many stressors, temptations, and difficulties. It is hard to imagine how any person can negotiate them successfully, especially one who doesn’t know their “why”. To this Dr. Frankl answers, “If only one has a why at the center... a vigorous, robust why, one which he recognizes and owns... then he can survive any ‘how.’”

It is fundamentally different to live one’s life with a clear sense of purpose and meaning than to live life without one at all or with a fuzzy one. A person with meaning and purpose can survive... and triumph over... just about anything. However, without that sense of meaning, a person is easily derailed and distracted.

Adopted from: Spiritual Survival for Law Enforcement, Cary A. Friedman, 2005 Pg. 36,37