



Wellbeing Podcast

S1E2: HOW DOES MEANING INFLUENCE WELLBEING?

KEY IDEAS:

It might be helpful to jot down some words or phrases that help you remember how the following ideas are discussed:

IMAGE BEARERS

KINGDOM OF PRIESTS

HOLY NATION

LIGHT TO THE NATIONS

TRY THIS AT HOME:

"What is your sense of identity and what is the purpose of your life? The answer depends on what story you think you're a part of." What story do you think you are a part of?

What does that storyline invite you to participate in? What values do you have because of that storyline? Do you want these values guiding your life?



SUMMARY

Our soul's wellbeing is influenced by a variety many things. In this podcast we are focusing on how one's sense of meaning and purpose influences one's intrapersonal wellbeing. Please note, all three of us perceive the meaning aspect of life through a Christian worldview and this will dramatically inform how we speak about the meaning of life.

Genesis 1 & 2 depicts why humans exist:

Humanity was created to be image bearers, to give glimpses of the image of God.

Humanity was entrusted with watching over the earth in a way that reflects the image of God. Humanity was created to be interconnected with God and one another.

A consistent theme emerges in the big storyline of the Christian scriptures: This theme is one of God inviting people to **be part of his people** - to be part of something much larger than living simply for themselves.

Exodus 19:4-6 - Casts a vision for people's potential meaning & purpose

"You will be for me a kingdom and priests and a holy nation."

Two parts to this vision:

1. We were to be a kingdom of priests - what do priests do?
People who stand in the middle between God and the world - who help help to bring God to the people and the people toward God.
2. We were to be a holy nation - holy means to be distinct or set apart.
We have the opportunity to be a set apart people that shows the goodness of God to the nations - is a light to the world around us.

WHY DOES MEANING MATTER?

Without a sense of meaning, a person's soul can feel fragmented, chaotic, unsure. This often leads to experiences of anxiety, depression, and angst. Without a sense of meaning, a person can spiral into a nihilistic state of self-absorption which often isolates and sometimes alienates a person from interconnection with God and others. Meaning matters when it comes to experiencing wellbeing.