

Jones, Laurie Beth

The Path

5. Forming a Sense of Mission

Laurie Beth Jones argues you can't find your life's mission until you quiet your mind and know yourself. The chapter mixes reflection on contemplation with practical 'word picture' exercises to reveal how you see yourself, since that self-image shapes everything you do.

Key takeaways

- Before deciding your mission, step back and contemplate the big picture; stillness and openness come first, before giving.
- Your true (divinely ordained) mission fits your personality — you'll 'hum' at it, not whine your way through it.
- Self-knowledge is essential: even Jesus went into the wilderness, then named himself in simple images ('I am the Light, the Way, the Vine').
- Do the exercise: pick an element (Earth, Water, Wind, Fire), list its traits and actions, and build a self-'poem' to repeat daily.
- Then draw a spontaneous self-image (a bridge, an eagle, Humpty Dumpty, an acorn). It exposes how you really feel — and can be changed.

- How you see yourself is how others treat you; by grace you can trade a small image (acorn) for your true one (oak tree).

Passages worth keeping

| *“Laurie, I called you to be Water — not stone against stone.”*

Her Water self-image freed her to forgive instead of retaliate.

| *“How you view yourself is how others, also, will see and treat you.”*

The core claim behind all the exercises.

How it connects

The 'I am' exercises echo Jesus' own 'I am' sayings: naming yourself clearly is a form of the self-knowledge Scripture treats as the ground for calling.

Scripture referenced

- **Genesis 24:63** -- Isaac meditating in the field — model for reflection before answers arrive.
- **1 Corinthians 15:51-52** -- 'We shall all be changed' — grace to become a new self-image.