



ON PURPOSE® PEACE

“I have told you these things,
so that in me you may have peace.

In this world you will have trouble.

But take heart! I have overcome the world.”

John 16:33

שְׁלוֹם

KEVIN W. McCARTHY



ONPURPOSE®

PEACE

Find what you've been searching for.



KEVIN W. MCCARTHY

ABOUT

version 2.14.19.

The *On-Purpose Peace* enriches one's reading of *The On-Purpose Person* from a Christian worldview.

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CUSTOMS

On-Purpose Publishing prefers to capitalize pronouns when referencing God. This is traditional and may seem old-fashioned, but we deem it as respectfully appropriate.

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COVER PHOTO

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CONTACT US

Thank you On-Purpose adventurer! Your comments and suggestions about your experience on this personal journey will improve this effort and make it a more powerful tool for all of us as we strive to be on-purpose persons. Please contact us at:

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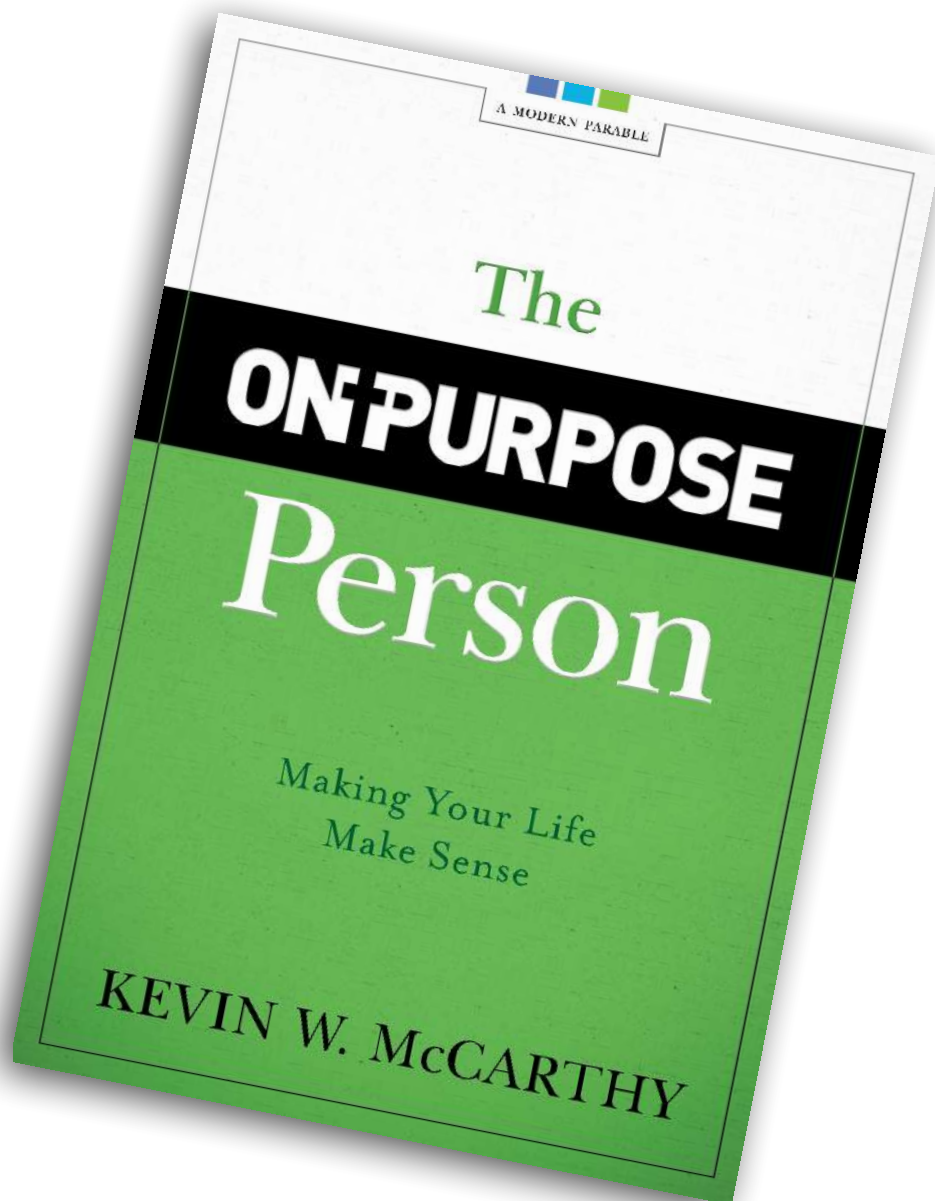
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Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

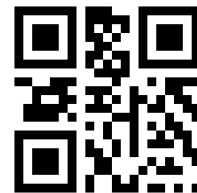
Matthew 11:28–30 (NIV)





The On-Purpose Person is the centerpiece of this personal leadership development experience. If possible, enjoy this easy reading “Modern Parable” before starting *On-Purpose Peace*. Then, reread the chapter assigned within select Sessions.

The printed book is available at www.OnPurposePerson.com. Check your local church bookstore, bookseller, library, or online seller. The Kindle, softcover, and hardcover version are available at amazon by going to www.OPPKindle.com or scan the QR code to the right to be taken to amazon.com.



ENDORSEMENTS for *The On-Purpose Person*

“The simplicity and directness of the book really hits those of us who are striving for integration in our lives. Living the ‘on-purpose’ life requires the kind of structure and encouragement that are provided in this book.”

- Steve S. Reinemund, former CEO, PepsiCo
Former Dean of Calloway School of Business and Accountancy
Babcock Graduate School of Management
Wake Forest University

“The secret of success is: Do more of what you’re good at and less of what you’re not good at. That’s what *The On-Purpose Person* is all about.”

- Stanley C. Olsen, Co-founder, Digital Equipment Corp,;
Developer, Black Diamond Ranch

“What a refreshing book! To the point, and with the passion only a true believer can communicate, *The On-Purpose Person* should take its rightful place in every thinking person’s bookcase.”

- Michael Gerber, CEO, The Michael Gerber Corporation,
and Author, *The E Myth*

“I love Kevin McCarthy’s concept of being on-purpose.”

- Ken Blanchard, PhD
Co-author, *The One Minute Manager*

“*The On-Purpose Person* is the book to read before you read *What Color Is Your Parachute?*”

- Connee Sullivan, Managing Partner, Tondu Corporation

“I was so excited about *The On-Purpose Person* that I purchased dozens of copies to share with family, friends, business associates, and church members! It works!”

- Roger Stitt, President, RHS Construction Company

“In my psychiatry practice, I see many patients struggling to find themselves. I help them focus on their assets and get moving—much like *The On-Purpose Person* does. The only difference is that I use psychiatric jargon, attach labels, and charge fees. What Kevin is doing, if it were to become well-known, would put me and other psychiatrists like me out of business.”

- Walter J. Muller, III, M.D., The Group for Psychiatry,
Psychology, and Social Services

“I read *The On-Purpose Person* with interest and excitement. I kept asking myself: Am I an On-Purpose Person?”

- The Reverend Dr. Peter Moore, PhD
Author, *Disarming Secular Gods*

“Many books assert that one must have a goal to be happy and successful. *The On-Purpose Person* is the first one to show me how to determine what my life should be.”

- Thomas P. Page, Esquire

“Without a doubt this is the best guide I have seen for creating a meaningful life and plan.”

- Dr. Malcolm E. Hawley, DDS

“*The On-Purpose Person* is a valuable addition to an important and growing literature on effective time management and leadership. McCarthy brings to life and makes operational powerful ideas that will help all of us make a difference.”

- John W. Rosenblum, PhD, Dean Emeritus, The Darden School

“The best tool I’ve seen for turning good intentions into positive actions. Highly recommended for anybody, but especially for those who need a way to organize unstructured time—like clergy!”

- The Right Reverend William Frey,
Dean, Trinity Episcopal School for Ministry, retired

“What’s happened to the American Dream? Despite working harder, too many people lack fulfillment, happiness, and emotional security. *The On-Purpose Person* gets us back on track, organized around what really matters, and equipped with a purpose and plan for thriving in a rapidly changing world.”

- Dr. Wayne Scott Andersen, D.O.
Author, *Dr. A’s The Habits of Health*

“Reading *The On-Purpose Person* changed my life. The concepts and practical applications detailed in this wonderfully engaging book empowered me to re-focus my personal and professional goals to achieve true inner peace.”

- Gordie Allen
CEO & Professional Sales Trainer, Leads-Plus, Inc.

Many years ago I had my entire leadership team read *The On Purpose Person*. The next 11 years we followed and adapted your On-Purpose approach to our specific needs. This incredible experience yielded the strongest management team I have ever had the privilege to lead.

- Andrea Hill, CEO, Hill Management Consulting

The On-Purpose Person is an experience. I read this simple, yet powerful message during a challenging time in my life when I needed actionable direction. It delivered this and more. My reaction was emotional, even spiritual and it has helped me in every aspect of my life since. Being on-purpose ... that’s where it’s at for me!

- Erik Laver, Serial Entrepreneur

The On-Purpose Person guided me to look within myself and discover what matters most. This modern parable provides an uncomplicated, yet introspective process. I’ve shared this message with friends and colleagues to help them articulate their purpose, mission, vision, and values. This small book is large in its power to create personal breakthroughs. The message is timeless and is transforming lives and generations to come.

- Dave Zerfoss
Former President, Husqvarna Products, Inc.

DEDICATION

To Mom and Dad

“Honor your father and your mother,
so that you may live long in the land
the LORD your God is giving you.”
Exodus 20:12

Thank you Mom and Dad for making the fulfilling of this Commandment so easy for me to do. Your dedication to my family's and my well-being are living models of God's loving guidance, provision, patience, and grace.

Without you as parents, I would not be the man I am today. God and you two deserve the credit for any of the good I have become. I'll own the rest! Even into your 90s you face life's challenges with authentic grace, kindness, and peace. Dad, you may have died in June 2014, yet the goodness of your spirit is a living presence in my life; therefore, I speak of you as a person who is alive in my life today even if your body isn't here.

I am blessed by the two of you! With much love.

Kevin



January 2014

For the Participant

1. READ THE ON-PURPOSE PERSON

The On-Purpose Person is the centerpiece of your small group experience. This guide, *On-Purpose Peace Fellowship Edition*, is the supporting actor whose role is to provide insights and application for the inquiring reader from a Christian worldview.

2. MEET IN A GATHERING (OR DO IT ON YOUR OWN)

On-Purpose Peace is designed for individual use and for small group meetings, called “Gatherings.” Your facilitator keeps the agenda moving along to the agreed upon Sessions, time and standards and, unless certified, is not an expert in On-Purpose®.

Come to Gatherings as prepared as possible. Allocate prep time for reading, thinking, and writing responses based upon your Gathering’s schedule. You are to:

- Read the designated Chapters in *The On-Purpose Person*.
- Read the associated Chapter Commentary for the designated Sessions.
- Answer any questions and complete activities within the Session.
- Come to your Gathering prepared to discuss the reading and thinking you’ve done plus allow time for social interaction and prayer.

Squeezed for time? At a minimum read the designated chapters in *The On-Purpose Person* for your Gathering so you can follow along with the group discussion.

3. COME AS YOU ARE

There is no “Christian litmus test” when engaging with *On-Purpose Peace*. Truly, come as you are to learn about the peace that surpasses all understanding and become an on-purpose person in creation.

4. ON-PURPOSE IS A LIFESTYLE: RECYCLE

On-Purpose Peace is way to “process” life. You can’t outgrow On-Purpose any more than you outgrow knowing who you are in Christ.

This is hardly a one-and-done, “been there, done that, and own the T-shirt,” hard skills program. In your hands, is an introduction to an ongoing personal leadership process that can be repeated annually or more frequently as needed. The more you do the “On-Purpose Process,” the more the mechanical aspects will give away to the beauty of loving, living, and leading as an on-purpose person in creation.

Every time you return to On-Purpose, you arrive as a more and differently experienced person. Embrace this exploratory process and sound the depths of your personal and leadership possibilities awaiting as the authentic, on-purpose you emerges.

Facilitating On-Purpose Peace?



visit www.ONPURPOSEPEACE.com

For the most up-to-date facilitating tips, marketing and social media promotional content, Gathering videos, and facilitator guide, visit the dedicated website above.

***On-Purpose Peace Fellowship Edition* is designed to be facilitated by anyone who is willing.** As the facilitator, your role is to set the schedule of Sessions, convene each Gathering, engage all participants, and monitor time to advance the Gathering agenda on a timely basis. Facilitating *On-Purpose Peace* is like running a meeting, only easier.

On-Purpose Peace Fellowship Edition is primarily intended to be experienced as a series of 45- to 60-minute small group “Gatherings.” Each participant is expected, but not required, to read *The On-Purpose Person* and/or complete the assigned Session(s) in *On-Purpose Peace* prior to each Gathering. Gatherings are for thought and soul-provoking conversation, not in-depth coverage of the content, per se. Therefore, take liberties to design a flowing format that works best for your greater agenda—truly creating fellowship and community.



A Facilitator’s Guide, which includes a 7-Gathering format and scripting, is a downloadable PDF for sale and immediately available at www.onpurposepeace.com.

Manage Participant Expectations and Set the Agenda

The On-Purpose Person has 19 chapters plus an appendix. *On-Purpose Peace Fellowship Edition* has 42 “Sessions” for personal preparation. Each Session provides Chapter Commentary with self-explanatory instructions and poses questions.

Count on approximately 10–15 minutes to complete each Session, which can include a combination of:

- Reading an assigned chapter in *The On-Purpose Person*
- Reading Chapter Commentary and answering questions in *On-Purpose Peace*
- Taking action by completing a worksheet in *On-Purpose Peace*

The pace and format at which you go through the 42 sessions is at your discretion. Decide what best accommodates your goals, time frame, and settings. Take liberties to design a format that fits your agenda.

The math of 42 Sessions would seem to evenly distribute six Sessions per Gathering over seven weeks, respectively. They don't! For example, in the 7-Gathering format, **Chapters 5 and 6 in *The On-Purpose Person* include 21 or half of the Sessions—primarily to create Want Lists and run Tournament worksheets—so plan accordingly by giving participants a heads-up.** Anticipate and plan for this workload hump early in your planning process. The prep gets lighter afterwards.

Be Relaxed



Ultimately, as the facilitator your role is to simply expose participants to the *On-Purpose Peace* concepts, content, and process of being on-purpose and to keep the agenda moving along. You are NOT the “On-Purpose Police” charged with keeping everyone in line, on time, and doing their work “perfectly” to master a body of work. **This is life work, not school work.** Nor are you the “Professor” who is the expert in all things On-Purpose.

Respect Participants’ preparation and keep each Gathering progressing through the content. However, be realistic. Participants will self-direct the degree and measure of their commitment to learning and applying On-Purpose. Take heart, relax, guide the process, create a loving and productive environment, and trust the Holy Spirit to show up when two or three are gathered. There’s a reason why this is called the Fellowship Edition—create community with one another, allow Participants to define their level of participation. Even if a Participant just shows up at a Gathering having done none of the homework, they’ve committed their time to show up, listen, and learn. Celebrate their presence.

Similarly, in Gatherings, don’t feel compelled to cover all the material. At times, allow for appropriate and meaningful dialogue to take over. Avoid “rabbit trails,” but otherwise it is acceptable to skip a Session’s questions or touch on them briefly. Be open to the Holy Spirit leading the discussion where it needs to go. Keep the conversation moving along the agenda.

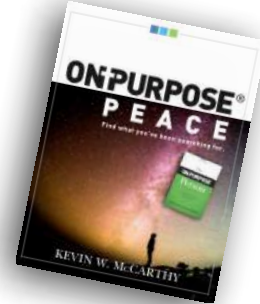
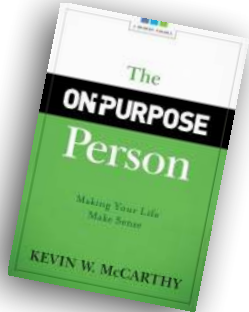
Be sure to engage the quieter, perhaps more introverted Participants in discussions. Respect their privacy, but occasionally turn to one and say, “[Name], I would love to hear what you’re thinking.”

The Secret to Small Group Success



Navigating the Contents

The On-Purpose Person Chapters plus a few key highlights of related learning activities.



Discovery

Chapter 1
Your Story

Chapters 2–5
Want Lists

Chapters 6–10
Tournaments
Main Draw
Ideal On-Purpose Day

Chapters 11–13
Writing your On-Purpose Statements

Session 1

Sessions 2–5
Sessions 6–14

Sessions 15–24
Session 25
Session 26–28

Sessions 29–32

Transformation

Chapters 14–18
Being On-Purpose!
Give List & Tournament

Sessions 33–37
Sessions 38–40

The Reward

Chapter 19 & Appendix
Gathering

Sessions 41–42

Use *The On-Purpose Prayer* to start and close each Gathering. Use it when you begin your personal work. *The On-Purpose Prayer* reappears throughout *On-Purpose Peace*. Each time you use it, write your reflection below. Over time, this prayer will reveal insights and take on deeper personal meaning.

The On-Purpose Prayer

God, I am your child and I call out to you, [Abba Daddy]. I go to You in prayers and thanksgiving with my whole heart and mind.

Thank You for your promise of a future and hope.

May I integrate and organize my life around You, the Creator of both the universe and me. Reveal my falsehoods. Tear down strongholds of deception. I invite Your truth, strength, and protection to prevail.

May I come to a loving understanding of who I am in You. May Your love for me inform my life and my labor in Your service.

May I glorify You in who I am. May Your vision be in my mind's eye. May I be aligned with Your will and integrate Your way into every aspect of my life and work.

May I make decisions that honor You and reflect Your truth. May my life be embraced by the Father, identified with Christ, and infused with the Holy Spirit.

May I come to deeper knowledge and trust in You so I experience the Peace that passes all understanding. May I go forth rejoicing in the serving power of God's Love, Hope, Grace, and Peace. Amen!

Reflections:

Note: *The On-Purpose Prayer* is sprinkled throughout the Sessions as a reminder to pray periodically.

SESSION 1

DISCOVERY and Chapter 1: Page 3

“Success”

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

John 16:33

God alone provides us with our identity.

In the beginning of this Modern Parable we glimpse into the man’s past and present. Your personal experiences and history shape you, too, but they do not forever define the trajectory of who you are and who you are becoming.

In John 16:33 Jesus promises His friends that they will have trouble—ups and downs. Drama is inevitable. Yet, the promise of peace is the reward of Jesus’ triumph and a life abiding in Him and identified with Him.

Chapter 1 tells “the man’s” story. **Reread or scan the chapter, and circle words that describe your state of being. Write them below.**

Which statement below best describes your story at this point?

- I don’t know if my life has meaning and purpose.
- I want to believe my life has meaning and purpose.
- My life has meaning and purpose. I am just not sure what to do.
- I know my purpose, but the practical integration of it into my life is in creation.
- I know my purpose and it meaningfully integrates my life, so I am on-purpose.

Why?

SESSION 2

Chapter 2: Page 9

A Different Path

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God.

Romans 12:2

On any given day, you'll recognize this typical conversation.

"Hi, how are you doing?"

"Fine," you reply politely. Hopefully, life is genuinely fine!

But, realistically, you aren't really fine. Problems, concerns, and worries weigh on you so you keep your "tribulations" to yourself. The motive for a lightly programmed response may be a desire to not burden others with your troubles. Or it may be expedient to stay mum. Or it may be private and none of the other person's business what's stirring in your soul. This very short chapter is long in lessons.

On page 10, in the 4th full paragraph, the man tells the Professor: "I am ready to change.... I don't know why or how to start.... Can you help me?" He has reached a place of humility. This is a powerful lesson on how to approach God.

What are you hoping to find from doing *On-Purpose Peace*?

SESSION 3

Chapter 3: Page 11

The Professor

*Then God said, “Let there be light”; and there was light. And God saw the light, that it was good; and God divided the light from the darkness. God called the light Day, and the darkness He called Night. So the evening and the morning were the first day. ... And God saw that it was good.
Genesis 1:3–5, 10*

Something is Missing

On page 12, the man declares, “Most people envy what I have. I’m ‘successful’ but I don’t feel successful. Something is missing.”

What is missing? We spend countless days and dollars in trivial pursuits and adrenalin rushes only to crash land back into Thoreau’s “life of quiet desperation.” (page 3)

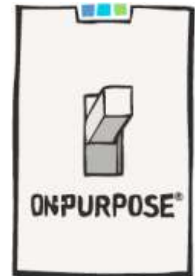
The truth is nothing is missing, really. God is complete. He completes us—not another person, activity, or thing. God isn’t the missing person—we are! We’re so busily distracted with our agenda that we forget His real presence is with and among us.

Power-Up

Discovery is awareness of existence, a beginning. Putting a discovery into practical everyday use creates new opportunities.

On page 13, the 5th paragraph reads: “‘Purpose is the energy of your spirit’ the Professor went on. ‘Discover your purpose, be on-purpose, and the significance and meaning of your life will shine like a bulb connected to the power source.’”

How might the concept behind the light switch help you?



Because you’re wired to shine brightly (page 13) and God wants you to be “a conduit (page 15) of something greater,” how might His Glory shine through you?

SESSION 4

Chapter 4: Page 19

Out of Chaos and Confusion

STEP ONE: A New Beginning

*Then the LORD God took the man and put him in
the Garden of Eden to tend and keep it.*

Genesis 2:15

God's didn't design the Garden of Eden as a resort destination. Even before the Fall, Genesis 2:15 tells us God put Adam in the garden to work it. The gift of life included labor.

Journeys can be exciting, and they can be scary. The On-Purpose Process is a journey into your heart and soul as well as your hopes and dreams. Be forewarned. This stirs up stuff. In fact, it can be downright disturbing because buried events, people, or experiences can emerge.

The road to wholeness may pass through unresolved pains, hurts, anger, bitterness, and offenses. You'll also find hopes, dreams, grace, and love.

The seven Life Accounts (page 20) comprise the major areas of one's life. The Professor describes this On-Purpose Process as "the most exciting and important journey of your life." He preps the man that it will "surprise and transform your life for good."

In *The On-Purpose Person*, you may have noticed in the Table of Contents that Chapter 4 begins "STEP ONE: A New Beginning." You have this same opportunity. Trust this process to help you get to a healthier place in your life.

Think about and make note below of a crisis that led to a breaking in your spirit but a breakthrough in your maturity. As a result, how did you find peace or come to terms?

SESSION 5

Chapter 5: Page 22

A Single Step

*Hear my cry, O God;
Attend to my prayer.
From the end of the earth I will cry to You,
When my heart is overwhelmed;
Lead me to the rock that is higher than I.
Psalm 61:1-2*

In the beginning of *The On-Purpose Person*, the man was overwhelmed. Much like David, the Psalmist, we can feel like we are at our wit's end. We want to cry out. Our heart is pierced and pained with loneliness and hopelessness.

Then comes the verse: *Lead me to the rock that is higher than I.* Wow!

God's Will or my will? How do you discern the difference?

TIP: Allow ample time to write your Want Lists. The Instructional Notes on the next two pages are useful if you feel like you need additional insight and understanding for putting together your Want Lists.

Instructional Notes on Writing Want Lists

Over the next eight Sessions, you'll be writing your Wants for each of the seven Life Accounts plus the optional eighth Other Account. This downloading process of your heart's desire is healthy.

Some Christians feel guilty for wanting anything or anyone other than Jesus or "doing God's will" or "glorifying God." The On-Purpose Process will reveal God's will for your life so you can glorify God through your relationship with Christ. You'll get there if you trust the process!

Writing your Wants ignites the On-Purpose Process. God speaks to us through our dreams. Free your heart from the practical considerations (baggage) the brain often wants to impose upon our heart's desires. In other words, get out of your small boat and take a walk on the water (Matt. 14:29).

On pages 25–26 of *The On-Purpose Person*, you'll find these suggestions plus a few extras:

- Settle into a place where you can be alone with your thoughts.
- You are only writing your Want Lists (Tournaments are run later).
- Use the column on the left marked "Want List."
- Prompters for each Life Account are provided.
- Let your imagination run free without regard to importance or priority.

Knowing "how to write Want Lists" doesn't count for credit. Getting them written is the only thing that matters. Get out your pencil and start writing now!

Private or Public: Want Lists afford you the opportunity to privately bear your soul and heart's desires on paper with no risk of reprisal or rejection. You can keep them private. On the other hand, there is much to gain by sharing your heart's desires with others. People love to help other people realize their Wants ... and they will help you.

Writing Wants Lists can be challenging on different levels. What seems like a pretty straightforward and fun exercise can stir a beehive of emotions, ideas, disappointments, and energy. The man struggled at first but soon took off with (page 30) creating his Want Lists. Ironically, we're working away from being overwhelmed by writing down an exhaustive list of Wants. Take heart. It works.

SESSIONS 6–13: WANT LISTS INSIGHTS

1. In Sessions 6–13 each Life Account (page 20) is presented in a sequential manner. Work each one separately but be free to flip from one Want List to another or to write the same Want in multiple Life Accounts. The point of this exercise is to empty the cluttered closet of your thoughts onto paper.
2. Avoid judging or limiting your thoughts or discarding a Want as being trivial or "not worth writing it down." Record every Want!
3. Deciding what's important will happen when you run your Tournaments (Sessions 17–24). For now, if you think of a Want, write it on your Want List without prejudice.

4. Get started right away with your Want Lists (Sessions 6–13) to allow ample time for Wants to surface.
5. You may place the same Want in multiple Life Accounts.
6. If you have more than 16 Wants for any Life Account, then keep writing them on the page. We'll sort that out later.
7. On page 26 in *The On-Purpose Person*, the girl tells the man to write his Wants in a pattern from top to bottom. You can ignore that instruction here because the transfer process used here “randomizes” the Wants.
8. This next bit of advice may sound oddly “un-Christian,” but here goes anyway. Be self-interested during the production of your Want Lists. This isn't selfishness. Rather it is self-care. It is important for you to take care of you in this stage of the On-Purpose Process.
9. Giving and serving is an essential tenet of the Christian life. Many of your Wants may reflect your desire to give. Record how you want to give in your Want Lists. Later on, however, you can compile these Wants plus add more to create a separate Give List and Tournament.
10. Allocate at least sixty minutes to complete all of your Want Lists.