

As a directionally-challenged individual who learned to drive long before the Global Positioning System (GPS) was developed, I spent way too much time calling my husband from the car so he could pull out his map to direct me to where I was going. Early in our marriage, he would put me to the test, giving me the map to be the navigator on our trips. Needless to say, the result was never pretty because I usually ended up in tears and, to add insult to injury, never could fold the map back up the right way.

Asking a navigationally illiterate person to lead the way to True North is a risk, at least as understood geographically. The term True North is a navigational one, the opposite of magnetic north. In the use of a compass, magnetic north depends on the magnetic force in the area, causing variations in accuracy depending on location. In contrast, accurate navigation depends on finding True North. True North therefore is the absolute reference point in all the sojourner's travels. So...you see where we're going here...in the navigation of life, it is finding your true goal and not losing sight of it. True North is a non-negotiable and it will never change.

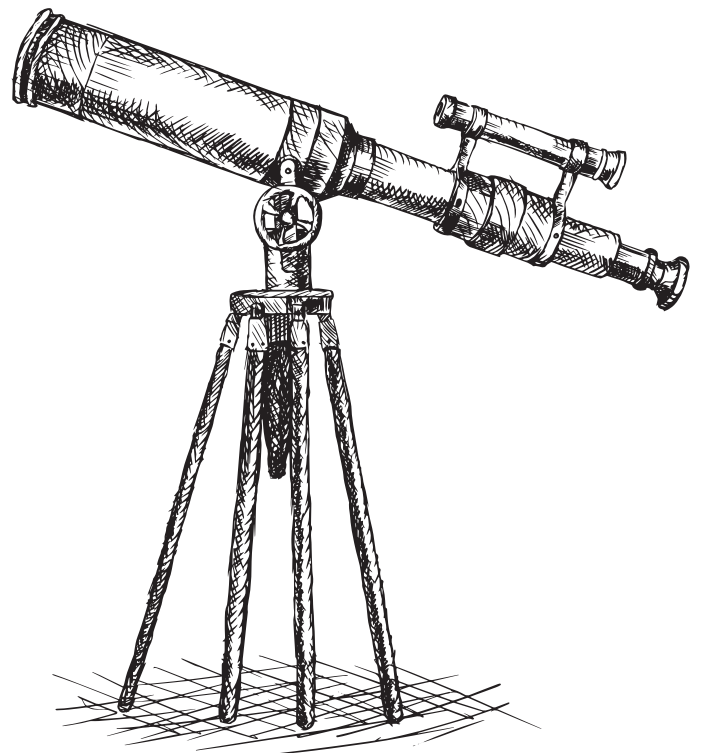
Hence the metaphor and the title of the book you hold. In life's journey, we are often uncertain where we stand, where we are going, and what is the best path for us personally. Knowing our True North enables us to follow the right path.

In the gospel of John, Jesus' disciples struggled with discerning their True North. Thomas expressed it to Jesus: "*We have no idea where you are going, so how can we know the way?*"

Jesus told him, "*I am the way, the truth, and the life. No one can come to the Father except through me.*" (John 14:5-6 NLT). In our spiritual walk, there is only one True North and that is Jesus...accepting Him as Savior and responding to life as He did through the strength we receive from the Holy Spirit living within us. That's a tall order and, if you haven't noticed, life is complicated, so how do we connect this divine GPS in our souls so that we live a Christ-like life no matter what life throws at us?

The True North Bible Study has been prayed over and created with the unique challenges of today's young woman. This is for you, college student, as you study your way through a wide variety of schools of thought and strive to keep your faith intact. This is for you, young professional, so you can stand firm in the business world that often screams "*compromise to get ahead.*" This is for you, young mother, as you experience sleepless nights and runny noses, and can't even begin to count the number of times you've caught yourself mindlessly singing "*Let It Go*" from the movie "*Frozen*"! This is for today's woman who juggles faith, family, profession and a myriad of other demands in life.

How do we meet each one of these aspects of life staying centered on Jesus and knowing our spiritual True North? This study is simple in format and can be experienced with a small group or on your own. May the scripture references, readings, and reflective questions in the pages that follow give you certainty of the Goal. May this study pull you from the ever-changing urgent to the steadfast important that gives you a clearer point of reference which is Jesus Christ.





“Today you are you! That is truer than true!  
There is no one alive who is you—er than you!”

Dr. Seuss

“...our true self—the self we are becoming in  
God—is something we receive from God. Any other  
identity is of our own making and an illusion.”

David Benner

When asked, “What do you want to be when you grow up?” young children usually reply with a no-holds-barred kind of comeback that varies from veterinarian or teacher to superhero or rock star. In all actuality, they are telling us what they want to do when they grow up, not who they want to be. As adults, we are often asked the same question without the “...when you grow up” phrase tacked on. So how do we answer?

What do you want to be? Let’s put it in the here and now...who are you? We grow up with lines crossing when it comes to our being and doing. We are far more than what we do! If we are not careful we find our identity in what we do. Once the “doing” aspect of our lives changes, we may flounder in our identity. “What – and who – do you want to be?” is not a skill-set question, it is a character question.

Let’s clarify with the following questions:

**When all is said and done, what do you want said about you at your funeral?**

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Is that a little too dark a question for you? Still not sure? Try this:

**How would you describe yourself as a child?**

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Who are you when you are all alone?

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These are telling questions that help answer who you are – your true self, not the false self that can be swayed by opinion, approval, present trends, or exhaustion.

### Read and Respond

The following verse takes place days before Jesus’ arrest, (*false*) conviction, torture, and crucifixion.

“Before the Passover celebration, Jesus knew that his hour had come to leave this world and return to his Father. He had loved his disciples during his ministry on earth, and now he loved them to the very end.”

John 13:1 NLT

**If you knew nothing else about Jesus Christ but this verse, what could you say about Him?**

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Jesus was certain of who He was. There’s not one of us who wouldn’t want that said about us! So, the first step is acceptance...“This is who I am...the good, the bad, and the ugly.” Who do you want to be? What are those attributes you want to define your life?

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

“Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives. Let us not become conceited, or provoke one another, or be jealous of one another.”

Galatians 5:22–26 NLT