



# Understanding Existential Concerns or Questions

Life's deepest questions can bring deep uncertainty and strong emotions. Here are some helpful ways to care for people wrestling with life's big questions:

- **Listen first, guide second.** Be present more than polished.
- **Pray with and for them.** The Holy Spirit brings conviction, comfort, and clarity.
- **Ask questions.** Help them *discover* truth, not just receive it.
- **Use Scripture wisely.** Offer truth in love, without overwhelming.
- **Walk with them.** Transformation is a process, not a moment.

## Why am I here? (Purpose)

**Common Stressors:** Feelings of aimlessness, burnout, or lack of motivation

**Care Tips:** Affirm that God created them with purpose and intention. Help them explore how their gifts, passions, and story can be used to love others and glorify God.

*For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. —Ephesians 2:10*

## Who am I? (Identity)

**Common Stressors:** Identity confusion, insecurity, or dependence on external validation

**Care Tips:** Gently root their identity in Christ—as beloved, forgiven, and chosen. Remind them they are more than their past, job, or labels.

*My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. —Galatians 2:20*

## Does my life matter? (Significance)

**Common Stressors:** Depression, disconnection, or withdrawal from meaningful relationships

**Care Tips:** Encourage them with the truth that God sees and values them. Remind them that showing up with love, prayer, and humility—especially in small, everyday moments—can make a lasting impact. God often uses quiet faithfulness to shape lives and build his kingdom.

*But now, O Jacob, listen to the Lord who created you. O Israel, the one who formed you says, "Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters, I will be with you. ... Others were given in exchange for you. I traded their lives for yours because you are precious to me. You are honored, and I love you. —Isaiah 43:1-4*

## Why is there suffering? (Pain and Evil)

**Common Stressors:** Anger toward God, hopelessness, or spiritual crisis

**Care Tips:** Listen compassionately. Don't rush to explain suffering. Acknowledge the pain and point to Jesus, who suffers with us and will one day redeem all things.

*He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever. —Revelation 21:4*



# Understanding Existential Concerns or Questions

## What is true? (Truth and Reality)

**Common Stressors:** Skepticism, confusion, or moral relativism—meaning no standard of morality

**Care Tips:** Invite them to explore Scripture and the person of Jesus. Emphasize grace and truth and walk with them as they seek understanding.

*Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me." —John 14:6*

## What happens when I die? (Mortality and Legacy)

**Common Stressors:** Fear, anxiety, or avoidance of life's deeper meaning

**Care Tips:** Gently talk about the hope of eternal life through Christ. Encourage legacy rooted in faith, love, and lasting impact.

*Jesus told her, "I am the resurrection and the life. Anyone who believes in me will live, even after dying. Everyone who lives in me and believes in me will never ever die. Do you believe this, Martha?"  
—John 11:25-26*

## Final Thought

The answer to life's big questions is found in a relationship with Jesus, who meets our doubts with grace, our questions with truth, and our lives with purpose.