

Finding Purpose

We often talk to people about creating a bucket list of places or activities that are most important to them, allowing them to have a goal to focus on and save toward. Your “why” has to be important enough to get you to change your current behavior to be in alignment with your goals.



It's rewarding to help people work toward and live out these bucket list goals. Not all bucket list items have to be luxury trips to exciting places; many are related to having quality time with the people most important to you.

Purpose as a Bucket List Item

We are humbled to introduce you to someone who turned their bucket list into a life's mission: to help men struggling with anxiety and depression find themselves in a meaningful relationship with Christ Jesus and gain a purpose to help others. Nick Nelson turned his own personal struggle into a life purpose and now a charitable 501(3)C organization called [Mission 15:4](#).

Mission 15:4's focus is not on the masses, but for men who need direction and support as they tackle the pressures and trials in this world. According to the [Anxiety and Depression Association of America](#), anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.

Providing Guidance to Men

Born out of a passion for making sure no one battles alone, Mission 15:4 is working to close that gap by offering one-on-one guidance to men who do not desire or are not able to pursue professional counseling.

“Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it?”— Luke 15:4 (NIV)

Nick's mission is to find that one “lost sheep” and help them to return to the fold. He provides a compassionate and understanding ear for men to start talking, which leads to healing. As you can imagine, many men are not willing to openly talk and share their feelings of being lost.

This is where Mission 15:4 is different; Nick relates to these men, whether it is over a simple cup of coffee, around a campfire, fishing or in the outdoors. Nick quotes Mark Batterson in that, “a change of place or change of pace equals a change in perspective.”

“Sometimes that is exactly what we need to find both ourselves and our purpose,” says Nelson, who is building a network of support for men who have lost their *why*, but can find purpose in serving others.

Get Involved

Not all bucket lists have to do with travel or personal goals. For some, it is finding a life purpose. If you would like to know more about Nick's story, or you know someone who might benefit from this type of network, you can [contact](#) or [donate](#) to help the Mission continue seeking the “one lost sheep”.

