

SENSE OF PURPOSE: LIVED EXPERIENCE OF THE DEVOTEES OF CIUDAD MISTICA DE DIOS IN DOLORES, QUEZON

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Abstract

This phenomenological study delved into the lived experiences of devotees in Ciudad Mistica De Dios (CMDD) in Dolores, Quezon, uncovering the essence of their sense of purpose. Through in-depth interviews with ten participants, the research explored how faith, community, and religious practices shaped their worldview and meaning-making. The thematic analysis yielded ten interconnected themes, highlighting the multifaceted ways how faith influenced the lives of CMDD devotees: Religious Roles as a Source of Purpose; Reliance on Divine Guidance Amidst Difficulties; Collective Purpose through Community and Duty; Fulfilment of Purpose through Faith; Nurturing Love, Salvation, and Growth; Spiritual Values and Priorities Against Material Sufferings; Challenges as Opportunities for Personal and Community Growth; Solidarity through Cooperation and Faith; Faith as a Source of Strength; and Devotion and Divine Connection. These themes highlighted how Ciudad Mistica De Dios devotees derived meaning and purpose from their religious beliefs and practices, finding strength, comfort, and a sense of belonging within their community. The study underscored the profound impact of religious devotion on individuals' sense of purpose, shedding light on the spiritual perspectives and motivations of the Ciudad Mistica De Dios community in Dolores, Quezon. The proposed output, "Puestos: Pathway to Purpose," includes three activities: a Faith and Resilience Workshop, a community service project called Bayanihan in Bloom, and a spiritual retreat called Deepening Our Roots. These activities aim to empower CMDD devotees to deepen their faith, strengthen their sense of purpose, and nurture their spiritual connection.

Keywords: Ciudad Mistica De Dios; Qualitative Research; IPA; Lived Experiences; Sense of Purpose; and Devotion

1. Introduction

The concept of a sense of purpose is a topic of interest across various disciplines, from psychology and philosophy to sociology and theology. It represents a cornerstone of the human experience, often serving as a guiding force that propels individuals toward their goals and aspirations. Purpose is more than just motivation; it equips individuals with compelling reasons to forge their own path in life. By examining how individuals cultivate and maintain a sense of purpose, we gain valuable insights into human resilience, wellbeing, and overall life satisfaction.

According to InnerDrive (2023), intrinsic motivation was closely linked to having a sense of purpose, as it drove people to pursue their goals genuinely rather than out of duty. This internal motivation, which was based on long-term, steady goals like keeping one's health or advancing professionally, was enhanced by an external motivation that went beyond oneself and included a dedication to helping others and furthering society. Most importantly, purpose was defined by a dynamic pursuit of achievement, encouraging people to get the most out of every activity, refine their skills, and work toward long-term objectives, incorporating the multifaceted nature of a fulfilling and purpose-driven life.

As mentioned by Wooll (2021), fostering a sense of purpose involved being an active member of a community, where the connection with others contributed significantly to an individual's overall sense of purpose. It also suggested that finding one's purpose often led to the discovery of like-minded individuals who shared similar passions, interests, and values. Joining or creating a community, as recommended by the source, facilitated a sense of connection as individuals collaboratively strived toward common goals. Similarly, within the context of this research on sense of purpose, religiosity, and devotion, diverse religious locations provided unique perspectives that converged on the exploration of life's enigmatic journey. Del Castillo and Alino's (2020) study emphasized the role of religion in coping with significant life stressors. This research underscored the youths' reliance on spirituality and seeking forgiveness, divine guidance, and fostering connections with God amid various challenges. The emphasis on religion as a coping mechanism echoed the thematic underpinning of this research, which sought to unravel the intricate connections between devotion, spiritual resilience, and the quest for purpose among CMDD devotees. Just as Del Castillo and Alino's work highlighted youths' reliance on spirituality amidst challenges, this study delved into how devotion within the CMDD community served as a guiding force, providing solace, fostering connections with the divine, and nurturing a sense of purpose amid life's complexities.

Throughout history, the influence of religious devotion on human lives is a subject of intrigue and study. Researchers probe the multifaceted impact of religious devotion, encompassing spiritual experiences, moral frameworks, and community affiliations. However, the specific exploration of how such devotion shapes the sense of purpose among Ciudad Mistica De Dios devotees remains relatively uncharted. While its multifaceted impact on human lives has long ignited research, the intricate link between devotion and individual purpose within Ciudad Mistica De Dios (CMDD) remains largely unexplored.

This study boldly enters this uncharted territory, delving into the lived experiences of CMDD devotees in Dolores, Quezon. By weaving together their narratives, rituals, and beliefs, we seek to decipher the unique tapestry of purpose that devotion intricately crafts within this specific community. As this study delved into the individual journeys of meaning-making, the focus sharpened on the sense of purpose within Ciudad Mistica De Dios. This exploration not only provided insight into the unique tapestry of the community but also cast a revealing light on the universal human pursuit of purpose and the indispensable role of faith in navigating this timeless quest. By centering our inquiry on the devotees' profound sense of purpose, we unraveled a narrative that went beyond the boundaries of culture and religion, offering a poignant glimpse

into the essence of human existence and its intrinsic need for purposeful living.

This study delved into the lived experiences of the devotees of Ciudad Mistica de Dios in Dolores, Quezon, as they related to their sense of purpose. Ciudad Mistica de Dios was a spiritual community that had attracted thousands of devotees seeking a deeper connection with their faith and a stronger sense of purpose. By exploring the narratives of these individuals, this research aimed to shed light on the factors that contributed to a strong sense of purpose and how it manifested in the lives of the devotees. Understanding the factors that contributed to a strong sense of purpose could empower individuals and communities to navigate life's complexities with greater meaning and direction. In a world that was increasingly complex and uncertain, the ability to cultivate and maintain a sense of individual purpose within Ciudad Mistica De Dios (CMDD) remains largely unexplored.

1.1. Sense of Purpose

Having a purpose in life was one of the most fundamental human needs (Schippers and Ziegler, 2019). By definition, purpose referred to “a mental goal or aim that directed a person’s actions or behavior” (American Psychological Association, 2023). On a similar note, Pfund (2023) also defined a sense of purpose as where an individual experienced having meaningful goals and directions in life.

Many studies concluded that having a deeper sense of purpose in life could be beneficial in a variety of ways. Kim et al. (2022) conducted a study where they discovered that individuals with the highest sense of purpose, compared to those with the lowest purpose, exhibited better subsequent physical health outcomes, health behaviors, and psychosocial outcomes. This indicates that individuals who had a strong sense of purpose tended to have a lower mortality rate, better-coping behaviors related to health, and lower levels of psychological problems. In an earlier study also conducted by Kim et al. (2019) entitled "Purpose in Life Protected Against Cognitive Decline Among Older Adults," they discovered that purpose in life was positively correlated with participants' total cognition scores. This implies that as purpose in life increased among older adults, their total cognition scores also increased. Moreover, it suggests that having a well-defined purpose in life could lead to better cognitive processing.

In terms of its impact on social support, personal growth, academic self-efficacy, and even in work-life tension, according to the study conducted by Cai and Lian (2022), it was found that social support, personal growth initiative, and academic self-efficacy were all significantly associated with a sense of purpose. This implies that as levels of social support, personal growth initiative, and academic self-efficacy increased, sense of purpose increased as well. Furthermore, according to Sutin et al. (2023), having a life purpose was linked to both increased work-life enhancement and decreased work-life interference. This means that having a sense of purpose in life is associated with better work-life balance. It was also discovered that while the correlation between purpose and personal life facilitated work was noticeable at all ages, it was more pronounced at comparatively younger ones.

Despite its positive impact, there were also some problems with regard to this phenomenon. In a recent study published by Making Caring Common (2023), it was reported that 50% of young adults who were interviewed for this study identified that one of the main drivers impairing their mental health was concerns about future goals or not knowing what to do with their life. This implies that it is a common phenomenon that young adults suffer from a lack of sense of purpose due to a lack of direction in their lives. Furthermore, despite its moderating influence on daily pleasant events and daily positive affect, Hill et al. (2022) discovered that purposeful adults had less of an increase in positive affect both on the current day and the day after the positive event. Moreover, Lewis et al. (2020) investigated the perceived barriers and benefits of community living for a sense of purpose in the lives of retirement center residents. It was discovered that

some obstacles, such as health issues and the assumption that meaning in life was irrelevant for older persons, prevented people from finding their purpose in life. Kim et al. (2021) discovered minimal indication that other health habits, physical health issues, and psychological factors, such as smoking, drinking, or financial stress, were related to subsequent purposes. According to Story (2021), individuals can find joy and fulfillment in life by discovering its meaning, particularly through their work. The narrative emphasized the transformative power of conscious choices in one's vocation and highlighted the interplay between purpose, joy, and fulfillment.

1.2. Religiosity and Sense of Purpose

Religiosity referred to people's varied inclinations to devote themselves to religious ideas, practices, and rituals (Ellis et al., 2019). Moreover, it was recognized that religiosity was a multifaceted concept that included individual convictions, practices, beliefs, and public actions (Russell et al., 2020). Tenero et al. (2021) also defined "religiosity" as the "depth of religious thoughts and internalization in daily life."

Additionally, there was a plethora of research suggesting that there was a positive association between being religious and developing a sense of meaning in life. Jang et al. (2019) investigated whether the relationship between religiosity and negative emotions among South African prisoners was due to their sense of meaning and purpose in life and personal virtues, and whether religiosity had a larger positive relationship with the search for and presence of meaning in life. Findings revealed that more religious convicts reported lower levels of negative emotions, enhancing a feeling of meaning and purpose in life, as well as levels of self-control, than their less or non-religious colleagues. They also discovered that religiosity had a positive effect on both male and female convicts. Furthermore, Toprakiran et al. (2023) discovered that black participants scored higher on all religiosity questions than white participants in a study that studied religiosity and feeling purpose among white and black American older adults. Moreover, there was no variation in the relationship between religiosity and a sense of purpose according to one's racial or ethnic identity or level of religiosity. This suggested that race had no bearing on one's religion or feeling of purpose. It was a common occurrence that everyone could experience. In addition, this implied that people's ability to define their life's purpose may suffer when they experienced prolonged, deep spells of despair. Investigating the relationships between meaningful life and positive/negative spirituality at two Japanese religious sites was the aim of this study.

According to Borges et al. (2021), religiosity/spirituality—which was defined as a broad concept on how people assigned meaning to life in a multidimensional manner, creating inner values in the face of various situations of the human condition—appeared to be the most important factor in quality of life among healthy adults. This was true regardless of a specific religious affiliation. This suggested that maintaining a connection to one's religion or spirituality was essential if one wanted to enhance their quality of life. Furthermore, in a literature review conducted by Callister et al. (2019), they argued that evidence from earlier studies suggested that religion may indirectly contribute to a person's reported sense of meaning in life by influencing measures of well-being, which in turn influenced this perception. This suggested that finding purpose in life was one of the essential elements of wellbeing. Conversely, Lewis Hall and Hill (2019) argued that distress arose when events challenged individuals' global perspectives. Meaning-making alleviated this by reconciling discrepancies. They advocated for including religious beliefs in this process, proposing worldview as a framework. They illustrated this by contrasting the worldviews of Buddhism, Christianity, and atheism, highlighting their implications for research. Similarly, according to the Analysis of Spiritual Needs (2021), the journal emphasized the significant role spiritual needs played in society's development, moral ideals, and goals. It discussed how neglecting these needs could lead to the emergence of destructive ideologies, posing a

threat to societal stability. Beyers (2021) delved into the complex role of religion in social transformation, acknowledging its historical involvement in conflicts while also highlighting its capacity for promoting peace and justice. The study explored three potential motivations for religion's engagement in social transformation: its perceived effectiveness, its limitations, and the consideration of spirituality as an alternative catalyst. Through critical analysis of existing literature, Beyers aimed to clarify the concept of transformation and discern the distinct roles of religion and spirituality in contributing to societal change.

Similarly, Takano and Taoka (2023) explored the relationship between profound spiritual experiences and one's sense of purpose, particularly during times of significant loss or bereavement. Their study suggested that individuals experiencing deep despair might have faced difficulties in defining their life's purpose, highlighting the intricate interplay between spirituality, purpose, and emotional well-being.

1.3. Importance of Religiosity on Mental Health

Calandri and Graziano (2022) emphasized the clear connection between younger individuals' life satisfaction and the importance of religion. This implies that younger people valued religion because they believed it helped them live happy, fulfilling lives. Furthermore, Estrada et al. (2019) argued that religious education contributed positively to adolescents' mental well-being.

In line with these findings, Lucchetti et al. (2021) emphasized the necessity for further research and clinical trials to explore the pathways and evaluate the impact of spirituality/religiosity (S/R) interventions on mental health outcomes. Hence, Ibrahim and Whitley (2021) highlighted evolving perspectives, challenging previous notions of negative religious influences on mental health. They advocated for collaborative models between religious leaders and mental health professionals, proposing mutual education initiatives. The bidirectional training they suggested aimed to equip clergy with basic mental health knowledge while providing mental health professionals insights into religious matters.

Aggarwal et al. (2023) systematically examined data predominantly from high-income countries, noting a slight correlation between negative religious coping and increased depressive symptoms over time. Hence, they found that spiritual well-being acted protectively against depression. This suggests that although the personal significance of religion didn't exhibit a significant association with depressive symptoms overall, interventions utilizing religious and spiritual practices for depression and anxiety in young individuals were broadly effective.

Furthermore, Villani et al. (2019) discovered a positive link between spirituality and well-being, except for one instance. It was important to acknowledge variations in religiosity's influence based on individuals' religious affiliations, particularly observing the positive impact of religious identity commitment on life satisfaction among religious participants but not among those uncertain about their religious standing. Worth noting was the need to understand the complex roles of spirituality and religiosity in shaping subjective well-being, revealing their diverse impacts on individuals with varied religious statuses.

According to Zarzycka et al. (2019), religious comfort played a significant role in alleviating anxiety among cancer patients. Their study revealed that religious comfort was associated with lower anxiety levels and higher levels of hope. Hope, in turn, mediated the relationship between religious comfort and anxiety. Moreover, the study found that the impact of religious comfort on anxiety reduction through hope was influenced by the level of religious struggle, particularly fear-guilt. Moreover, Zurbano (2022) found that self-

efficacy, or the belief in one's ability to succeed, significantly influenced goal achievement and ultimately shaped one's purpose in life. Results indicated a moderately high level of self-efficacy and a slightly high level of purpose in life among respondents. Statistical analysis revealed a strong positive relationship between self-efficacy and purpose in life.

Lastly, a study by Dolcos et al. (2021) explored the connection between religiosity, coping mechanisms, and how people handle life challenges. In their study, it was found out that that religious coping can be an effective tool for building resilience against emotional distress. The findings emphasized how individuals who are faced with challenges tend to use religious practices as way to cope, enabling them to navigate adversity with determination and hope.

1.4. Psychology of Religion

According to the book “The Science of Religion, Spirituality, and Existentialism” by Brambilla and Assor (2020), they argued that religiosity had a positive impact on people's lives. Furthermore, to highlight the positive impact of religiosity, in a systematic review of literature conducted by Shafranske (2022), it was concluded that the interrelated contributions of positive emotion, virtues, and meaning making were identified as essential aspects of religiosity or spirituality that promoted well-being and were associated with mental health. In the study conducted by Bozek et al. (2020), it was revealed that both spirituality and health-related behaviors were positively related to psychological well-being, and that the relationship with spirituality was also mediated by health-related behaviors. Additionally, Himawan (2020, as cited in Adamczyk et al., 2023) found that higher religiosity was associated with higher life satisfaction. Furthermore, Carlow University (2023) mentioned that religion could play a supportive role in the counseling process, offering strength through a person's spiritual beliefs and faith community. It fostered a sense of belonging and connection, while personal spirituality could offer profound meaning and purpose. Additionally, the university highlighted that religion might be a motivating factor for seeking counseling, encompassing issues such as crises of faith, feelings of religious alienation, distortions in religious beliefs and practices, and conflicts related to religious values. Psychologists had grappled with defining religion, leading to varying perspectives and study approaches. This had encompassed viewpoints ranging from William James' humanistic approach, which differentiated personal and institutional religion, to Kenneth Pargament's emphasis on utilizing religion as a coping mechanism for stress, reflecting multifaceted examinations of religion in terms of structure, societal implications, and personal implications (Psychology of Religion, 2023).

1.5. Sense of Purpose and Sense of Community

According to Barresi (2024), prioritizing purpose within organizations was paramount as it cultivated a shared understanding of the organization's fundamental *raison d'être*. This shared sense of purpose, particularly when anchored in a robust framework of shared values, emerged as the primary strategic driver guiding organizational pursuits. Barresi argued that such alignment with a common purpose not only ensured decision-making coherence with essential priorities but also fostered a culture of mutual accountability among staff members. Moreover, the author contended that a well-defined mission acted as a catalyst for innovation, instilling within the organization a commitment to perpetual enhancement. This commitment, in turn, unlocked the organization's full potential to advance both impact and sustainability. According to Dare (2024), the essence of community was rooted in trust, belonging, safety, and mutual care among its members. This interconnectedness fostered both individual and collective empowerment, instilling a belief that positive influence could be exerted not only on one another but also on the environments they inhabited. Dare argued

that effective leadership within communities had the potential to yield monumental impacts, paving the way for the establishment of healthy, harmonious communities. Furthermore, the author contended that thriving communities contributed positively to the national image, indicating a correlation between community strength and broader societal well-being. Ultimately, Dare suggested that the cultivation of strong communities on a global scale held the promise of fostering love, peace, and harmony, thereby contributing to the betterment of humanity as a whole

2. Methodology

2.1. Research Design

In this qualitative research design, a phenomenological study directed its focus toward understanding the sense of purpose among Ciudad Mistica de Dios devotees in Dolores, Quezon. The primary goal was to delve into the lived experiences and perspectives of these individuals through the lens of a specific type of phenomenological analysis. Bonyadi (2023) delineated phenomenology as a qualitative inquiry method, emphasizing the crucial aspect of comprehending a phenomenon from the subjective standpoint of those intimately involved in it. Additionally, Asdlori (2023) underlined the objective of religious phenomenology, striving to comprehend and honor religious events through the interpretations derived from others' experiences. To ensure rigor and credibility, this study adhered to the principles of Interpretative Phenomenological Approach (IPA), emphasizing the intrinsic worth of each person's lived experience, establishing a clear research question and design, using qualitative research methods, and presenting findings in a way accessible to both academic and non-academic audiences.

The study comprised three phases: preparation, data collection, and data analysis. During the preparation phase, potential participants were identified, informed consent forms were prepared, and pilot studies were conducted. The data collection phase involved in-depth, semi-structured interviews. The data analysis phase focused on organizing and interpreting the data using the inductive method, identifying themes, and presenting findings coherently. Throughout the research cycle, the researcher engaged in a self-reflexive process to evaluate alignment with IPA principles and remained sensitive to potential biases and limitations of the study design.

2.2. Research Locale

This study identified Dolores, Quezon, as an optimal research site for investigating Ciudad Mistica De Dios (CMDD) devotees. Dolores, the historical and spiritual hub of CMDD, served as a vibrant hub for the community. Here, the researcher was able to observe real rituals, everyday activities, and interactions in their natural settings. Furthermore, being close to the Suprema and other important members of the central leadership facilitated making important connections and securing in-depth interviews. This direct access made it possible to understand the fundamental ideas, life experiences, and internal dynamics that influenced the lives of CMDD adherents.

Dolores mirrored the broader CMDD community, which in turn facilitated the researcher's connections with devotees and understanding of their diverse perspectives. This environment fostered openness and aided in studying how CMDD teachings evolved among its devotees. The study's location within the Philippines' religious landscape offered valuable insights. It allowed the researcher to explore how CMDD fit into the wider context of beliefs. Furthermore, Dolores' close vicinity to Mount Banahaw, a revered pilgrimage place for many religious organizations, provided opportunities to investigate possible interactions and impacts between CMDD and other spiritual traditions.

2.3. Research Participants

The research adopted a homogenous purposeful sampling approach, a cornerstone of qualitative research methodologies. This technique prioritized an in-depth exploration of a central phenomenon by deliberately selecting individuals or sites that offered rich insights into the specific aspect under study. Nikolopoulou (2022) discussed homogeneous sampling, a non-probability sampling method used in qualitative research where the researcher selected a subset of individuals or units that shared certain characteristics.

The participants in this study were depicted in the table displaying their profiles, including their present age ranging from 44 to 84 years old and the duration of their devotion ranging from 23 to 79 years to Ciudad Mistica De Dios (CMDD). These demographic details were particularly pertinent to the study's objectives, as they provided insights into the participants' current stage in life and the length of their affiliation with CMDD.

2.4. Research Instrument

The central purpose of this study was to explore the lived experience of the sense of purpose among Ciudad Mistica De Dios devotees, as encapsulated in the following specific question: What was the essence of the lived experiences of Ciudad Mistica De Dios devotees in Dolores, Quezon, concerning their sense of purpose? Additionally, the study sought to answer corollary questions, which included inquiries such as how devotees described their experiences related to their sense of purpose, what themes emerged from their testimonies, and, based on the findings, what program could be proposed.

The semi-structured interviews were the primary means to delve into the intricate aspects of the sense of purpose among Ciudad Mistica De Dios devotees. An interview guide, carefully constructed to encompass key dimensions, guided the interviews. This approach allowed for flexibility, enabling the researcher to follow up on responses, explore emerging themes, and capture the richness of individual experiences.

2.5. Data Gathering Procedure

The research process commenced by initiating formal correspondence to secure permissions from religious leaders of CMDD, establishing vital rapport and community support. Subsequently, the study's objectives were elucidated and their endorsement garnered. Participants were thoughtfully selected, considering diversity, and provided with comprehensive information before obtaining their informed consent. To foster a conducive environment, rapport-building conversations preceded the scheduling of face-to-face interviews, conducted both individually and within focus group discussions, ensuring safe and private spaces within the community. During these sessions, detailed field notes and audio recordings were meticulously captured, with explicit consent obtained from each participant. Post-interview, thorough transcripts were prepared to faithfully represent the conversations, followed by an in-depth thematic analysis of the data, employing established techniques to unravel key insights.

2.6. Ethical Considerations

Ethical consideration was fundamental to this research, ensuring fair and respectful treatment of participants. Before any interviews began, informed consent was obtained, clearly explaining the study's purpose, procedures, potential risks and benefits, and participants' right to withdraw at any time.

Throughout the research process, absolute confidentiality and anonymity were guaranteed, with no identifiable information used in reporting and data secured appropriately. In alignment with the Data Privacy Act of 2012 (Republic Act No. 10173) of the Philippines (National Privacy Commission, 2022), stringent measures were taken to protect participants' personal data, ensuring compliance with all legal requirements for data privacy and security.

Recognizing the unique beliefs and practices of Ciudad Mistica De Dios, the research approach was culturally sensitive, including modest attire, respectful language, and prior permission for recording. The potential vulnerability of participants was carefully considered, ensuring informed consent was clearly understood, leading questions were avoided, and support was offered if needed. Finally, the research aimed to align with the needs and sensitivities of the CMDD community by consulting with leaders and members before and during interviews, seeking their approval and support as a vital first step.

3. Results and Discussion

Researchers identified ten (10) Thematic categories.

Theme A: Religious Roles as Source of Purpose

Continue the Mission was a common response from CMDD devotees when asked about their understanding of Religious Roles as a Source of Purpose. This statement represents the devotees' dedication to upholding their religious community's principles and mission. It symbolizes a commitment to actively sharing the message of their beliefs and serving others in accordance with their beliefs. For instance, Mistica 2 emphasized this sentiment. Additionally, Mistica 3 provided further insight to it. They stated,

"The most important thing for us to spread throughout the world. If the mission of Christ continues. That's about his return. To be spread throughout the whole world."

"Because the mother and son of Jesus did not finish their mission. There is one appointed to complete or continue their mission here on earth."

This perspective reinforces the devotees' sense of purpose as they perceive themselves as instruments chosen to continue and fulfill the unfinished mission of spreading their faith and its teachings. Aligned with Logotherapy's emphasis on "will to meaning" and freedom to choose one's interpretation of life's circumstances, devotees of CMDD find purpose through religious roles. Their commitment to "Continue the Mission" exemplifies this, as they actively spread their faith and see themselves as instruments fulfilling an unfinished Mission.

Theme B: Reliance on Divine Guidance amidst Difficulties

The theme of Reliance on Divine Guidance in Difficult Times arose from the CMDD participants' comments, particularly in cases when they relied on their faith allows them to navigate difficult challenges relating to their community's goal. These cases shed attention on the enormous impact of faith in guiding people through trials and tribulations in the CMDD community.

As Mistica 5 and Mistica 9 shared respectively,

"Because we believe that there is a power that watches over all of us, which will not allow anyone to be

harmful, because, you know, love for God is manifested through our treatment of others, so, therefore, let us not do unto others what is evil."

"I learned to forgive. Whatever happens, like what my sister said. I wouldn't say this if we were in a different group. It's not the truth that sets people free. Here, we learn to forgive whatever misunderstandings or conflicts we may have as siblings. We are ready to forgive each other. We don't harbor resentment towards one another. Even though each of us goes through trials."

Furthermore, in Mistica 7 response,

"Because if a person is a member of a religion or organization, you must believe. If you are inside and you know, read all the laws and rules, you will ask yourself. If you can adapt and follow those rules, you will believe. You will have faith in that God that you can do it. If you are discouraged, you will only believe. In the God who guides you and in the great founder of our organization, nothing will not happen."

As Mistica 3 stated,

"In personal experiences, perhaps, for example, there are moments of faith where, through your calling, you feel that everything is being explained to you. That is the way for you to continue your faith in doing good works. Therefore, sometimes, mistakes are unavoidable for people. We feel that, just like when you are a child with a parent, for every mistake a child makes, don't you punish them? It's like we feel that when we do something wrong, we feel the punishment. So, that's what we will correct. To make you realize that you have sinned. Ask for forgiveness now. That is what strengthens us in our faith."

This response reflects a profound understanding of the role of personal revelation in spiritual growth and correction. The participant emphasizes the importance of introspection and personal discernment in recognizing one's shortcomings and seeking forgiveness and guidance from a higher power.

In the study of religiosity and sense of purpose, the research findings from Jang et al. (2019) emphasized the role of religiosity in fostering a sense of meaning and purpose in life. The study revealed that more religious individuals reported lower levels of negative emotions and exhibited a stronger sense of meaning and purpose, highlighting the comforting influence of faith in navigating challenging circumstances. Furthermore, this aligned with Religious Coping Theory. Their belief in God's protection and seeking guidance through prayer reflected positive reappraisal and seeking religious comfort. Furthermore, the emphasis on forgiveness within the community fostered social support, aligning with communal coping. Finally, the belief in receiving personal revelations for improvement reflected denominational coping, where religious teachings guided self-correction. These findings demonstrated how religious practices within CMDD served as a source of strength and support for its members.

Theme C: Collective Purpose through Community and Duty

The theme of Collective Purpose through Community and Duty was created to show the CMDD community's cohesive nature, in which individuals gathered together with a shared sense of

duty and obligation to one another and their faith. This subject exemplified the community's collaborative dedication to sustaining spiritual practices, supporting one another, and contributing to its general well-being. As evidenced by the responses of Mistica 3 and, Mistica 7,

"All our rituals, you don't pay for anything. Confession for weddings, baptisms, gatherings, blessings for the house, blessings for vehicles. For all these, we don't pay, we don't accept payment."

"What we do is completed through our collective effort, helping each other to deepen our faith. It's like a community spirit. There's no expectation of anything in return."

Mistica 1's response stated,

"The mutual support and brotherhood in spirit and faith, as if emanating from the womb of one mother, and the complete unity in the beliefs of our actions, especially in fulfilling services to fellow members in ceremonies, bring us satisfaction as we fulfill the guidelines of the community. This aligns with what the Lord Jesus said, "Go and preach the gospel to all nations. You shall be witnesses unto me in Jerusalem, and in all Judea, and in Samaria, and unto the uttermost part of the earth."

Mistica 6's response also reflects this theme when he stated,

"Preaching brings me great joy as we fulfill the laws and guidelines of our sacred community and the instructions of our Lord and Master, Jesus Christ, who said, 'Go.'"

Similarly, Mistica 8's response provided further evidence of this theme.

"In times when I'm not busy, which isn't always the case because I have a family, but whenever we come together for activities, we have water, we gather firewood. Every activity that requires our physical strength brings great joy. And here is where we demonstrate true love for one another."

This illustrates the deep sense of purpose and fulfillment experienced through active participation in communal activities and sacred rituals. The participant's willingness to dedicate their time and physical efforts to serve their faith community reflects their commitment to fulfilling their sacred duties and contributing to the collective well-being of the group.

This echoed the insights provided by Barresi (2024), prioritizing purpose within organizations was paramount as it cultivated a shared understanding of the organization's fundamental *raison d'être*. This shared sense of purpose, particularly when anchored in a robust framework of shared values, emerged as the primary strategic driver guiding organizational pursuits. Barresi argued that such alignment with a common purpose not only ensured decision-making coherence with essential priorities but also fostered a culture of mutual accountability among staff members. Additionally, in a systematic review of literature conducted by Shafranske (2022), it was concluded that the interrelated contributions of positive emotion, virtues, and meaning making were identified as essential aspects of religiosity or spirituality that promoted well-being and were associated with mental health.

Theme D: Fulfillment of Purpose through Faith

The theme that emerged was the Fulfillment of Purpose through Faith, which encapsulated the essence of how individuals find fulfillment and purpose in their lives through their faith and spiritual practices. This demonstrated the unwavering trust and reliance on prayer as a powerful tool to overcome adversities and challenges in life. Mistica 5's response highlighted this when she stated,

"In our community, prayer is really the top priority. That's what others always say. We just keep praying. Of course, prayer is our powerful weapon. It's the way to connect with God. No matter how big and heavy your problems are in life, you believe that only God can be called upon to help you. And there are also people whom He has appointed to bestow all the blessings and mercy of God upon me, upon all of us, who trust and rely on their guidance and counsel. The thing is, a person really needs to act. To do good, like that. And the practice should also be consistent. Not like when you need something, you suddenly pray, only when you have a serious problem, then you remember God. It's not like that. What we're taught is, well, we pray in the morning, we pray in the afternoon, when we wake up, before we sleep, aside from our hourly prayers in the church, where the whole brotherhood, all members composed of twelve women, twelve men, each day takes turns in leading the household prayers. That's why our church, every day, has someone praying. Unlike in other towns where the church is only open on Sundays, we're open every day. And every day, there's someone praying, every day there's also a Mass. Yes. We rotate, us priests who lead the prayers. Yes."

Mistica 10, stated,

"Now, the shaping of a person's beliefs cannot be achieved by others but by oneself. It's where you prove to yourself that you've molded your behavior, your mindset. If you think of something wrong, you can't avoid it, the mind is restless. Shape and discipline yourself so you can obey my God who resides in your heart so that you may be worthy of God and the community you belong to."

Mistica 8 also expressed,

"Our community shapes my identity because initially, I didn't understand things. The doctrines of other guides, I found here what they call enlightenment and truth. So, I was molded here because it's said that there's nothing hidden, it just depends on people who want to obey. He teaches everything for the good and salvation of people. That molded my identity. However, brought by our personal lives, of course, there are times. But thanks to God and His guidance, He guides us all."

Similarly, Mistica 10 emphasized,

"The shaping of a person's belief is not solely based on religion. Instead, it is also based on the teachings you receive and hear through the people whom God uses to explain the path of salvation. Like our Suprema, who guides us today, who imparts teachings to each of us that a person's mistakes are unavoidable. However, when our Supreme enlightens you, we wholeheartedly follow because that is our belief that they teach us, as they guide us."

This commitment is exemplified in the response of Mistica 6, who stated,

"It's not just about meaning because without history, there is no fulfillment, but the complete fulfillment and realization of our dream, to attain salvation and eternal life in the glorious state in the presence of God, our Savior Christ Jesus, and the great mother in faith, and the saints included in the pure deeds and obedience to their holy commandments."

Here, Mistica 6 articulates the belief that obedience to religious principles, coupled with devout adherence to the guidance of spiritual leaders like Kristo Hesus and *Suprema* is essential for achieving salvation and eternal life.

The CMDD community combats existential emptiness by discovering purpose in faith. This aligns with Logotherapy. Members take responsibility for shaping their beliefs (Mistica) and find transformation through religious teachings. Their ultimate goal of eternal life provides a future-oriented purpose, demonstrating how faith and personal growth contribute to a meaningful life within the CMDD community. Beyers (2021) delved into the complex role of religion in social transformation, acknowledging its historical involvement in conflicts while also highlighting its capacity for promoting peace and justice. The study explored three potential motivations for religion's engagement in social transformation: its perceived effectiveness, its limitations, and the consideration of spirituality as an alternative catalyst. Through critical analysis of existing literature, Beyers aimed to clarify the concept of transformation and discern the distinct roles of religion and spirituality in contributing to societal change.

Theme E: Nurturing Love, Salvation, and Growth

The theme Nurturing Love, Salvation, and Growth encapsulated the fundamental principles instilled by CMDD that centered around fostering love, achieving salvation, and facilitating personal growth among its members. It underscored the significance of these values in shaping the lives and experiences of individuals within the community. Throughout the responses of CMDD members, reflecting their commitment to fostering a supportive and empathetic community environment. As evidenced by the response of Mistica 5,

"Our bond is characterized by love, cooperation, and mutual support within our community, akin to siblings born from the same mother. This has been our foundation for fostering harmonious relationships. Whenever someone needs assistance, whether it's financial or otherwise, we offer whatever help we can provide. The essence for us is cultivating good relationships with people, understanding, and empathy. This understanding becomes an enduring mark, a constant reminder of the importance of fostering positive connections with others."

The responses of Mistica 2 and Mistica 3 shed light on this shared aspiration. They expressed,

"Of course, our desire to attain that isn't merely about the promises. We see its significance not just in this life but because therein lies the ultimate key that we believe is most valuable for eternity".

"The shared aspiration of each one is perhaps that no one would probably say they don't want everyone to be saved. Maybe if you ask everyone, even the worst of people, what they want, it depends on the person's mindset maybe. But as a believer or someone casting a vote, you wouldn't want yourself to be excluded from

those who will be saved, so we strive for that."

In reference to the response of Mistica 7,

"The help and significance provided to me by Ciudad Mistica de Dios are immense. Because initially, my belief in the true God was lost. I was lost. And since entering this sacred community, my mind has been enlightened by their holy assistance. And because of that, their help to me has been significant."

Mistica 2 also stated that,

"In my perspective, its significance lies in the afterlife. Because as human beings here on earth, our ultimate desire, through the redemption provided by our Lord, is to be restored to the state where we can be with the father. So, when one asks, "Adam, where are you from?" That is our state, which is not sad."

CMDD cultivates love, salvation, and growth among its members. This aligns with Religion and Meaning Making. The community fosters compassion and a shared goal of eternal life, providing a framework for understanding life's purpose. CMDD also facilitates personal development and offers a belief system encompassing both earthly existence and the afterlife, contributing to a sense of meaning and fulfillment for its members. Relative to this, Villani et al. (2019) discovered a positive link between spirituality and well-being, except for one instance. It was important to acknowledge variations in religiosity's influence based on individuals' religious affiliations, particularly observing the positive impact of religious identity commitment on life satisfaction among religious participants but not among those uncertain about their religious standing. Worth noting was the need to understand the complex roles of spirituality and religiosity in shaping subjective well-being, revealing their diverse impacts on individuals with varied religious statuses.

Theme F: Spiritual Values and Priorities against Material Sufferings

The theme Spiritual Values and Priorities against Material Sufferings encapsulated the profound impact of spiritual beliefs on individuals' perspectives towards challenges and suffering. As evidenced by the responses of Mistica 2 and Mistica 6 respectively,

"Following God often entails enduring trials because God is accustomed to the pleasurable life, and we must endure it. This indeed has a significant effect on reforming us. However, despite that, the glorious reward we will attain in the afterlife is what we aim for. It's like sacrificing for a while."

"Faith, deeds, and hope, along with patience and endurance, are all temporary. They pass and fade away".

As reflected in the responses of Mistica 4 and Mistica 3, they stated,

"In terms of impact and material living, everything worldly - pleasures, vices, indulgences - will be left behind. Is this difficult? It is easier said than done compared to our teaching of love for God, faith, deeds, and hope, along with patience and endurance, because all of these are temporary. They pass and fade away. However, what comes after is everlasting, an eternal life of abundance, free from hardship and sorrow, but filled with joy in the presence of the Highest God and the great promise of faith."

"Yeah, life is good, meaning being in the world especially now, it's really good. It's really nice on social media, with just one click you can see who you're talking to. In our experiences, back when there was no social media yet, our leaders showed us how they probably did it, as you might have read in the Bible, how people communicated with God even without the internet or phones."

Furthermore, Mistica 7 statements shows how their faith serves as an unwavering pillar of support, providing comfort and strength in all aspects of their life. She stated,

"For me, this does not affect my wellbeing because it greatly helps me. Because what I believe is that they are the ones who help me in everything, in the strength of my body. They are everything to me."

In essence, this theme showcases how CMDD facilitates positive religious coping for its members. Their faith provides a framework for finding meaning, enduring hardships, drawing strength from the community, and finding comfort in challenging times. This aligns with Pargament's theory, highlighting the role of religion in promoting well-being and navigating life's difficulties. Pertinent to the ideas of the responses, the analysis of spiritual needs (2021), the journal emphasized the significant role spiritual needs played in society's development, moral ideals, and goals. It discussed how neglecting these needs could lead to the emergence of destructive ideologies, posing a threat to societal stability.

Theme G: Challenges as Opportunities for Personal and Community Growth

The theme Challenges as Opportunities for Personal and Community Growth underscored how adversity and difficulties within the community served as catalysts for personal and collective development. As evidenced by Mistica 1's response, he stated,

"All of these are expected by the members, so our organization does not entice, and whoever comes seeking to join is respected or dignified to understand if they can fulfill all the tasks every day. We are teaching them, it's like we are making them aware of what they can expect as a member."

Furthermore, in Mistica 2's response, he stated,

"Indeed, that's a heavy task, not because of the circumstances or the reality of our lives, but because of the depth of the meaning. It's really weighty because as Christ said, "Whoever leaves father, mother, son, or daughter for my sake is worthy of the kingdom of heaven."

Additionally, as evidenced by the response of Mistica 3, he stated,

"Many indeed, hopefully stumbling isn't in everything. In a family, there's always a black sheep, a rebellious child, or someone disobedient, and it's the same here. We have many who are stubborn, hard headed, and rebellious. But despite that, the journey continues. You have freewill, it's a personal choice. Many of us have moved to other congregations; we can't do anything about it because it was said. Those who remain are called, some are chosen, and from those chosen, some are selected. That selection is the heaviest, where it's like passing through the eye of a needle."

This illustrates how individuals have the freedom to choose their level of commitment, and these choices have significant implications for their spiritual journey within the community. In essence, this theme highlights how CMDD fosters growth through challenges, aligning with Logotherapy. The community equips members with knowledge and spiritual resources to navigate difficulties and find meaning in their experiences. This empowers them to make free choices about their level of commitment and pursue their own unique path of growth within the community. In relation to this, Lewis et al. (2020) investigated the perceived barriers and benefits of community living for a sense of purpose in the lives of retirement center residents. It was discovered that some obstacles, such as health issues and the assumption that meaning in life was irrelevant for older persons, prevented people from finding their purpose in life

Theme H: Solidarity through Cooperation and Faith

The theme Solidarity through Cooperation and Faith highlighted the collective unity and mutual faith within the community, fostering a sense of belonging and purpose among its members. As evidenced by Mistica 2's response, he stated that,

"Here, I saw something like my own family, where there's close family ties even if we didn't come from the same mother. It seems like the bonding in our community is even stronger, like a real family formed amidst hardship.") This illustrates how the community provides a nurturing environment akin to a family, where members find support, understanding, and a sense of purpose, ultimately contributing to their overall well-being and fulfillment."

Mistica 5 also expressed confidence in the belief that all their needs would be met through divine intervention, stating,

"And indeed, with the guidance of God and our belief, they say that we just need to understand the work, all our needs will come here, whether we ask or not, it's God's mercy. God's mercy, well, we can really survive through, you know, that."

"When you're troubled, yes, when you're troubled, of course, you're down. But one or two days later, something will come. So, I said, truly, God is wise in everything. You just have to think that maybe it will come later. I said, ah, that's right. Just be honest in what you're doing. Even as you're thinking about it, someone is already working on it. I said, I wonder how it will be tomorrow? Well, it will really come, even if you don't ask."

"Let's just pray and maybe someone will have mercy on us. We, as a family, somehow, are the ones who pray. Suddenly, our brotherhood here came flooding in."

Similarly, Mistica 4 highlighted the community's self-sufficiency and commitment to mutual aid. She stated,

"Our work is built through the cooperation of the brethren, and whenever there's a community effort or something to be done, we all pitch in, so that's how it comes together. We ensure equality in rights, even in food, where everyone shares equally, including the guests who come over. So, our brotherhood doesn't accept

any form of discrimination, and everything, including facilities, is equal."

"Our organization is a Religious Corporation Sole, dedicated to administering sacraments and worship activities. We do not accept donations or seek assistance from non-members. Our activities are funded through contributions from members, and whenever there's work to be done, we come together in communal effort. This is how our activities are realized. Through our collective efforts, all brethren are treated equally. This includes sharing meals together. Guests are also welcomed at our table. There is no discrimination, whether in brotherhood or in the use of facilities. Because of this inclusive approach, many non-members who experience our community are eager to join us. This is a source of great joy for us in building our fellowship."

CMDD cultivates solidarity through shared faith and cooperation. A strong sense of community fosters feelings of belonging and purpose. Members trust in divine provision and collaborate to meet needs, creating a unified and supportive environment. Relative to these, Dare (2024) argued that the essence of community was rooted in trust, belonging, safety, and mutual care among its members. This interconnectedness fostered both individual and collective empowerment, instilling a belief that positive influence could be exerted not only on one another but also on the environments they inhabited. Dare argued that effective leadership within communities had the potential to yield monumental impacts, paving the way for the establishment of healthy, harmonious communities. Furthermore, the author contended that thriving communities contributed positively to the national image, indicating a correlation between community strength and roader societal well-being. Ultimately, Dare suggested that the cultivation of strong communities on a global scale held the promise of fostering love, peace, and harmony, thereby contributing to the betterment of humanity as a whole. Relative to the information gathered, Zurbano (2022) found that self-efficacy, or the belief in one's ability to succeed, significantly influenced goal achievement and ultimately shaped one's purpose in life. Results indicated a moderately high level of selfefficacy and a slightly high level of purpose in life among respondents. Statistical analysis revealed a strong positive relationship between self-efficacy and purpose in life.

Theme I: Faith as a Source of Strength

The theme Faith as a Source of Strength underscored the pivotal role of faith in overcoming challenges and finding meaning in life.

Mistica 4 shared an experience of relying on prayer and divine intervention during challenging times. Similarly, Mistica 6 emphasized the power of faith and trust in divine guidance. They stated,

"We prayed; we continued our work until we felt the presence of God. And our spirits were strengthened. Until now, we are still here."

"Just surrender yourself to God, have faith, make your requests known. It's like, all those feelings you have, it's like they don't matter. And we, we believe, right? I just think that even if I'm not really doing it, He finds a way to whisper to me, to heal me, I believe that even if, you know, He knows what's inside me, like, He's healing me. But I didn't know, things like that."

Furthermore, Mistica 8 shared a profound experience of divine intervention, highlighting the

miraculous healing power of faith,

"Faith has been a great help to me and to each of my companions. Because of our faith and the gentle breeze of our beloved mother, the healers and medicine men were amazed when, for a week, my hand, which had been bitten, did not decay, and the venom did not affect my flesh. Like the Lord Jesus Christ, I repeat, because the messenger is not believed if he does not show miracles."

Mistica 3 emphasized the importance of personal transformation, whilst, Mistica 7 shared a personal testimony of significant positive changes in life since becoming a member of the community. They stated,

"Your willingness is crucial, to let go of anger towards others, as stated in the Bible. 'Love your enemy'".

"Since I entered here, my life has changed significantly. It has helped me a lot. Through this, I learned to do good deeds and how to improve myself."

Additionally, Mistica 1's stated,

"Indeed, in experiencing hardships, it often feels like there's no hope. But sometimes, through the preaching of our revered Suprema, it's like being watered as a plant, and then you gain strength. When you feel like you have no strength left, I regain my strength and return to her guidance."

Similarly, Mistica 3's response,

"It's true, in facing hardships, there are times when it feels like there's no hope. But sometimes, through the preaching of our revered Suprema, it's like she's watering a plant, and then you gain strength. Even when you feel you have no strength left, I regain my strength, returning to her guidance once again."

In conclusion, the Theme goes beyond just highlighting the importance of faith in CMDD. It demonstrates how the community actively cultivates positive religious coping practices. By drawing on Pargament's theory, we gain a deeper understanding of how faith empowers individuals, providing strength, purpose, and a framework for navigating life's inevitable challenges. This theme underscores the profound impact that a supportive faith community can have on its members, guiding them towards not just survival but also personal growth and a deeper sense of meaning in life. According to Sutin et al. (2023), having a life purpose was linked to both increased work-life enhancement and decreased work-life interference. This meant that having a sense of purpose in life was associated with better work-life balance. It was also discovered that while the correlation between purpose and personal life facilitated work was noticeable at all ages, it was more pronounced at comparatively younger ones.

Theme J: Devotion and Divine Connection

The theme of Devotion and Divine Connection encompassed the spiritual practices and rituals within Ciudad Mistica De Dios that strengthened the bond between members and their faith. Mistica 1 reflected on this commitment, stating,

"You will strive to fulfill it because that is what you will cherish and accomplish."

Similarly, Mistica 4 shares insights on the consequences of neglecting responsibilities, remarking,

"In your tasks, follow what is required of you. As I mentioned earlier, gradually, when you violate something, you feel as if you, as if you were a child, you are being spanked by your parents."

In another perspective, Mistica 10 reflects on the unwavering commitment to duty, stating,

"I don't know if I will continue or not, but I cannot disobey the call of duty. That is my experience in life: facing responsibilities without looking back, whatever happens, life or death, following and following while standing for duty and work."

Mistica 2 shared also a profound experience, stating,

"But for us, in the mystical town of Mistica 2, when you are baptized, the re-baptism, that is the only experience I know that really stands out in my mind."

Here, the act of baptism is depicted as a defining moment that leaves a lasting impression on one's soul. Mistica 3 recounted a tangible encounter with the divine during ritual practices, saying,

"They clearly see the descent of the dove. Like what happened to Christ when the apostles were baptized, Simon the Magician clearly saw the descent of the Holy Spirit. You feel, when I pray those prayers, sometimes there are clairvoyant experiences that occur."

Mistica 9 reflected on the depth of meaning embedded within the rituals, stating,

"That ritual, I can say, is heartfelt, for me, and perhaps for anyone. Because if you understand all our prayers and songs, hymns of lament or mystical passion, as they are called, mistica, according to the ritual, when understood, is prayer."

They recounted experiences where sincere prayers were met with tangible responses, affirming the community's unwavering faith in the efficacy of prayer. Mistica 5 stated,

"Pray the novena, and all your questions will be answered. We've experienced that. Because if, for example, we want to understand deeper meanings, that's what we do, and we're also told, try it for a week, call fervently. Day and night. It will be granted to you. Call, and it will be given to you. Knock, and it will be opened to you. We feel everything, whatever your prayer may be. Your companions know nothing. If you're on a plane, everyone inside the plane is safe. If you're in a vehicle, a bus. Just follow the secret instructions. Included. They are unaware that they are also included in salvation. That's why I truly believe that a person whose prayer is heartfelt is truly heard by God."

Similarly, Mistica 8 drew strength from the scripture, anchoring their faith in the promise that God remains true to those who remain true to Him, stating,

"In the words of the Lord, 'If you are faithful to me, I will be faithful to you.' I hold onto that word. So, to the best of my ability, that means there is no hindrance to faith."

Mistica 9 echoed this sentiment, emphasizing the belief that with God's presence, there is unwavering support and guidance, instilling confidence and resilience among the members.

"That's right. As long as there is God, don't let go, for there is indeed a God who will help us and provide strong guidance. That's all there is to it."

These responses underscore the deep sense of trust in divine assistance and the transformative impact it has on the community's collective faith and well-being. Ciudad Mistica De Dios cultivates devotion through rituals and sacrifice. Members find profound meaning in rituals, strengthening their connection to the divine. Their unwavering commitment and sense of duty reflect a strong "will to meaning" as they strive to fulfill their roles within the community. This deep devotion fosters a sense of purpose and resilience, aligning with Logotherapy's concept of finding meaning in life through faith and commitment. In relation to this, Ellis et al. (2019) defined religiosity as encompassing individuals' diverse tendencies to engage with religious concepts, activities, and ceremonies. Furthermore, it was acknowledged as a multifaceted construct that comprised personal convictions, behaviors, beliefs, and outward expressions (Russell et al., 2020). Additionally, Zarzycka et al. (2019) found that religious comfort played a significant role in alleviating anxiety. Their study revealed that religious comfort was associated with lower anxiety levels and higher levels of hope. Hope, in turn, mediated the relationship between religious comfort and anxiety. Moreover, the study found that the impact of religious comfort on anxiety reduction through hope was influenced by the level of religious struggle, particularly fear-guilt.

4. Conclusion and Recommendation

4.1. Conclusion

In conclusion, phenomenological research of the lived experiences of CMDD members in Dolores, Quezon, reveals a complex tapestry of themes that highlight faith's deep impact on individual and communal identity. The ten emergent themes, which range from the importance of religious roles and reliance on divine guidance to the cultivation of love and the prioritization of spiritual over material needs, demonstrate how closely tied faith is to the members' sense of purpose, resilience, and community cohesion.

The findings align with established psychological theories, such as Viktor Frankl's Logotherapy and Kenneth Pargament's Religious Coping Theory, which emphasize the importance of meaning and faith in navigating life's challenges. CMDD members demonstrate a remarkable ability to transform adversity into opportunities for growth, drawing strength from their collective commitment to shared values and sacred duties. Their experiences highlight the essential role of prayer and community support in fostering a sense of belonging and fulfillment.

Ultimately, this study not only sheds light on the spiritual journeys of CMDD members but also emphasizes the transformative power of faith in shaping their lives. The insights gained from this research contribute to a deeper understanding of how religious beliefs and practices can serve as vital sources of strength, purpose, and connection in the face of life's complexities. As such, the CMDD community stands as

a testament to the enduring human spirit and the profound impact of faith in fostering resilience, unity, and personal growth.

4.2. Recommendations

The study also provides the following recommendations:

- The CMDD leader/s may formulate and implement different spiritual counselling program that can provide help to its members to integrate their faith with coping strategies for dealing with challenges in life
- The CMDD community may integrate and have regular practice of their spiritual and emotional well-being programs in the community to help its members to cope up with difficult situations.
- The CMDD community may organize dialogues and collaborative projects with other religious organization to develop respect, share learnings, and learn different problem-solving skills.
- The CMDD leader/s may organize workshops and seminars about the teachings, background, and different practices of the community to encourage members to deepen their spiritual knowledge and connection.
- The community may implement the action plan to further enhance the integration of purpose-driven initiatives within their organizational framework, fostering a deeper sense of meaning and fulfilment among members.
- Future researchers may investigate intergenerational transmission within the CMDD community, examining how core beliefs, rituals, and cultural heritage are passed down across generations. This would involve exploring mechanisms of knowledge transfer and how younger and older members navigate their faith in a changing social landscape, fostering an understanding of the community's resilience and adaptation over time.

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