

FINDING FRESH MOTIVATION AND ENERGY FOR THE ROAD AHEAD

How is your motivation level? (*1=low - 10=high*)

We obviously need strong motivation and energy to live well and fruitfully, and when we lack them life kind of falls flat.

There are many causes why we lose motivation and energy: health, fatigue, all kinds of pressures. Laziness of heart.

There are many natural things we can do to reboot our heart's motivation and raise our energy levels (sleep, diet, exercise, etc).

Here are a few powerful principles I find very helpful.

REMEMBER THE WHY?

Athletes do this (amid the intense and gruelling hours of training, they remember the goal); the businesswoman does this; the single parent juggling full time work and raising children. So, it's a principle we can apply in every area of life.

For the Christian, this is taken to a whole new level. **We have a BIG WHY?**

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters. (Colossians 3:23),

Our motivation is living for the Glory of God; our motivation is that we have a sacred calling as His *co-workers* (**1 Corinthians 3:9**) with Him.

We are living not just for temporal things but for eternal things.

In the context of work, family, community life – in all our endeavours, we are His representatives, His ambassadors, His service and love in action. (note **2 Corinthians. 5:20**)

Modelling integrity in the work place has great impact; employers looking after employees /vice versa; treating people kindly; when opportunity affords to share your testimony and the gospel; being salt and light (**Matthew 5:13ff**).

And when it comes to the church - a remarkable calling to build Christ's church, to reach the lost and the nations.

You did not choose me, but I chose you and appointed you so that you might go and bear fruit - fruit that will last- (John 15:16)

That is a BIG why?

Our lives are full of God's purpose for us.

Jesus' example: He had 'the why' always before Him.

*Hebrews 12:1-5 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² **fixing our eyes on Jesus**, the pioneer and perfecter of faith. **For the joy set before him he endured the cross**, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

*Luke 13:32 He replied, "Go tell that fox, 'I will keep on driving out demons and healing people today and tomorrow, and on the third day **I will reach my goal.**'"*

Paul: speaks of his purpose (2 Timothy 3:10-11a); His chief motivation. Christ's love compels us (2 Corinthians 5:14).

REMEMBER THE WHO!

...fixing our eyes on Jesus (Hebrews 12:2)

*John 17:22 I have given them the glory that **you** gave **me**, that they may be one as **we are one**, **I** in them and **you** in **me**—so that they may be brought to complete unity. Then the world will know that **you** sent **me** and have loved them even as **you have loved me.***

The why is important, but the WHO is most important!

REMEMBER THE HELPER!

John 15:26 But when the Helper comes, whom I will send to you from the Father, the Spirit of truth.

Acts 1:8 But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

1 Corinthians 14:4a nlt A person who speaks in tongues is strengthened personally.

Ephesians 5:18 Amp Do not get drunk with wine, for that is wickedness (corruption, stupidity), but be filled with the [Holy] Spirit and constantly guided by Him. (.)

Literally: *‘go on being filled with the Spirit’.*

Jesus depended on The Holy Spirit, as did Paul.
And so can we!

Friends, we are not left powerless.

To this end I strenuously contend with all the energy Christ so powerfully works in me. (Colossians 1:29)