

Keys to Motivation

Jim Downing

I. Introduction.

A. A famous football coach said when your mind and muscles tell you that you are totally fatigued so not to move, you have only used 50% of your total energy. General Paton said this is only 35%. Others have said it is only 25%.

B. Getting motivated is mobilizing resources for the Lord.

II. Evaluation.

A. Correct your self-concept.

B. Self-image is one's own conception of the sort of person that he is.

1. This is Scriptural - it is an honest self-estimation. (Romans 12:3)

2. Two major errors - thinking that God cannot get along without you and thinking that God can.

3. Every Christian is gifted and can contribute. (1 Corinthians 12)

4. Everyone can be used for His highest purposes when we correct our own self-concept. (2 Timothy 2:20)

C. Many have erected artificial barriers around them restricting their usefulness and enjoyment in the Christian life.

1. We become the kind of person that we think that we are - whether we think rightly or not. (Proverbs 23:7)

2. There is great power in self-deception.

D. The means of correcting one's self-concept.

1. There are two paths to victory (John 8:36; John 8:32)

a. In some cases the Son will set us free.

b. In other cases the truth will set us free.

2. It is valuable to have friends who inform you about your personality deficiencies and encourage you in your strengths - the speaker did this.

a. It can help you to see what you cannot see on your own and change your self-concept to a true one.

b. You can get the truth from your spouse, your friends, etc. However you need to pay attention whether the person evaluating is weak with something so you know where their perspective is coming from.

c. Make your own personal private list, check it out with friends, then check it out with the Scriptures.

3. When ideas, attitudes, and feelings about oneself and the world about one are adjusted change is possible.

III. Fulfillment.

A. Redesign your job.

B. Key Scriptures: Psalm 37:4, Proverbs 13:19, Matthew 4:4, Ecclesiastes 1:8, Proverbs 27:20 and John 4:32.

C. The hierarchy of human needs: physiological, homeostatic, to love and be loved, respect or self-esteem, and fulfillment or self-actualization.

1. The way to get people to be satisfied is to redesign their job so that these needs are met and so that it is challenging and fulfilling - the higher order needs must be met.

2. The only reward for a job well done is increased responsibility.

D. There is a relationship between fatigue and boredom. A man is looking for fulfillment.

1. If the job you do does not satisfy you, you need to redesign it. (Psalm 37:4)

2. Our food is to do God's will. (John 4:32)

Application questions.

1. In what ways does a false image of oneself affect a person?

2. Outline the solution for a healthy self-concept. Why is it important that both deficiencies and strengths are discussed?

3. Ask three of your friends you trust to list your deficiencies and your strengths. Develop a plan to address your deficiencies and develop your strengths. What goals do you have?
