

Motivation

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I. Introduction.

A. How to get really motivated.

B. 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%.

C. 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.

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. The nervous system does not evaluate communication from the brain as to whether a message is true or false - it only identifies the source. If the brain says something, the body chemistry follows.

3. We must believe what we are honestly. For instance, we must believe that we are forgiven to operate as victorious Christians. (1 John 1:9)

4. Paul sent the message that he could do all things to his nervous system because that is who he wanted to be. (Philippians 4:13)

5. There are two paths to victory - Christ's personal hand and the truth. (John 8:36; John 8:32)

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

1. It is valuable to have friends who inform you about your personality deficiencies and encourage you in your strengths - the speaker did this. It can help you to see what you cannot see on your own and change your self-concept to a true one.

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

- a. We must first find out our own self-concept.
- b. Then we must check it out with someone who is a more objective observer.
- c. We must have a sane estimation of ourselves.

E. A failure to correct one's self concept can prevent one from being who God wants one to be.

III. Fulfillment.

A. Redesign your job.

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

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

D. There is a relationship between fatigue and boredom. The only acceptable reward for a job well done is increased responsibility.

- 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)

E. Do not settle for anything less than fulfillment - turn your platform into a launching pad for personal fulfillment as a great motivator.

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?
