

# Training in Righteousness

## Part 6

### **2 Timothy 3v16**

All Scripture is God-breathed and is useful for teaching, for reproof, for correction, and for training in righteousness ...

# Motivational Training

- Part 1 = Learning through training
- Part 2 = Training (with) others
- Part 3 = Strength
- Part 4 = Endurance
- Part 5 = Toughness

# Motivational Training

- What is Motivation?
- What does the Bible say about Motivation?
- Why do we need Motivation?

# What is Motivation

- What inspired me to talk about this today.
- A suggestion that motivation is an important part of training.
- Boxfit at InspireGym.
- My own motivations in sport and in God.

# What is Motivation

- Definition:
  1. Motivation is the reason for people's actions, desires and needs.
  2. Motivation is also one's direction to behaviour, or what causes a person to want to repeat a behaviour.



# What is Motivation

- Motivation comes in 2 forms. External and Internal.
- External = Extrinsic.
- Internal = Intrinsic.



# What is Motivation

- By using either of these motivators or a combination of both we accomplish many tasks in our life.
  - Family life, work life, social life and even our spiritual life.

# Internal or External Motivation?

- An example.

A very wealthy man, a billionaire, bought a huge property and invited some of his closest associates in to see it. After touring some of the 1500 acres of mountains, rivers and forests, he took everybody into the house. The house was as spectacular as the scenery, and out back was the largest swimming pool they had ever seen.



# Internal or External Motivation?

However, this gigantic swimming pool was filled with alligators. The owner explained it this way: "I value courage more than anything else. Courage is what made me a billionaire. In fact, I think courage is such a powerful virtue that if anybody is courageous enough to jump into that pool, swim through these alligators and make it to the other side, I'll give him anything he wants, anything – my house, my land, my money."



# Internal or External Motivation?

Of course, everybody laughed at the absurd challenge and proceeded to follow the owner into the house for lunch ...

When suddenly they heard a splash!

Turning around they saw this guy swimming for his life across the pool, thrashing at the water, as the alligators swarmed after him.



# Internal or External Motivation?

After several death defying seconds, the man made it, unharmed to the other side.

The rich host was absolutely amazed, but he stuck to his promise. He said, “You are indeed a man of courage and I will stick to my word. What do you want? You can have anything – my house, my land, my money – just tell me what motivated you to do it and it’s yours!”



# Internal or External Motivation?

The swimmer, breathing heavily, looked up at his host and said, "I just want one thing ..."

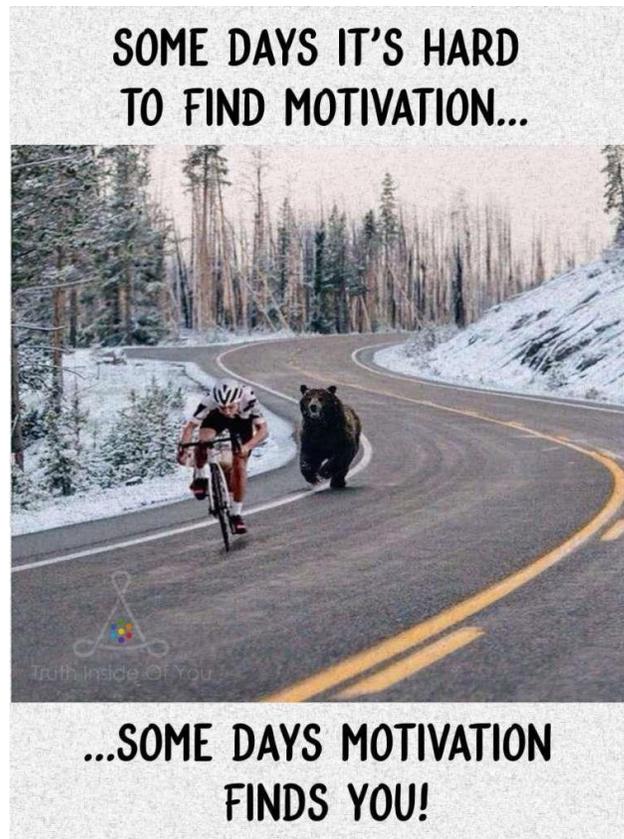


# Internal or External Motivation?

**“I want the person who pushed me into that pool!”**

# Internal or External Motivation?

- Initially, the people watching (and maybe even you) thought the man was motivated by the billionaire's lofty promise. An external motivating factor or reward for an act of bravery.
- However he showed his motivation was more internal, that is, self preservation, as he swam for his life across that pool.



What does the Bible say

# What does the Bible say

- Spiritual motivation factors.
- How do we get motivated and stay motivated in the Lord.

# What does the Bible say

Spiritual motivation factor # 1

## Be willing to be motivated

- Motivation does not appear out of thin air. It is not a magic pill that you just take and everything will be OK.
- Our response to motivating factors is key. You have to want it and be willing to do something about it.
- The parable of the sower (Matthew 23:1-23) is a good example.

THE PARABLE



OF THE SOWER



OR THE PARABLE OF THE FOUR TYPES OF SOIL

# What does the Bible say

Spiritual motivation factor # 2

## **Know the goal**

- Know what it is you are trying to achieve. The whys and the whats.
- If you don't know those tough questions, you'll never be able to answer them.
- John 14:4 – Jesus speaking, “Where I am going, you know, and you know the way.”
- Philippians 3:14 – “I run toward the goal, so I can win the prize of heaven. This is the prize God offers because of what Christ Jesus has done.”

# What does the Bible say

Spiritual motivation factor # 3

## **Continue to be inspired**

- Share with others who have the same goals.
- Feed off their passion and encourage them with yours.
- Romans 1:11-12 – “I long to visit you so I can bring you some spiritual gift that will help you grow strong in the Lord. When we get together, I want to encourage you in your faith, but I also want to be encouraged by yours.”

# What does the Bible say

Spiritual motivation factor # 4

## **Revisit your initial motivation**

- In other words, repeat the process from the beginning.
- Continually remind yourself of what motivated you in the first place.
- In biblical terms – Find your first love and hold onto it. What gave you that motivation in the first place.
- Revelation 2:19 – To Thyatira – “I know what you do. I know your love, faith, service, and endurance. I also know that what you are doing now is greater than what you did at first.”
- Revelation 2:4 – To Ephesus - “I have this complaint against you. You don't love me or each other as you did at first!”

# What kills motivation

- Losing that first love can occur through complacency, settling, forgetfulness (both intentional and unintentional), unbelief, lack of faith, sin, distractions ... the list goes on ...
- The times when we need motivation the most are the times we cannot find it.
- The choices we make when we are in a state of demotivation are some of the most important decisions we will make in our life.
- Will we feed that demotivation or will we starve it out and feed the seed of motivation, no matter how small.
- Laziness and idleness have no forgiveness or compassion when done for long periods of time. You quickly lose all the gains it took so long to get in the first place.
- Ecclesiastes 10:18 – “A roof sags because of laziness. A house leaks because of idle hands.”

# Bring motivation back

- God doesn't mind when we ask the whys and the whats. Asking these questions reminds us of where we are going.
- He loves it when we ask Him for help to reignite the motivation that we once had.
- God knows that we need motivation. That's the reason why He gave us His word and all the promises contained within.
- God has given us the reason, it then becomes our responsibility to manifest those reasons into our actions and attitudes.
- 1 Thessalonians 1:3 – “In the presence of our God and Father, we never forget that your faith is active, your love is working hard, and your hope in our Lord Jesus Christ is enduring.”
- 1 Corinthians 13:13 – “Right now three things remain: faith, hope, and love. But the greatest of these is love.”

# What does the Bible say

Spiritual motivation factor # 5

## **Love must be present through steps 1 to 4**

- Love is the key to everything we do.
- Love is what motivated God to send Jesus (John 3:16). Love caused God to take action just as it caused Jesus to take action.
- We must show how strong our motivation is by the way we live our lives and our actions.
- John 14:15 – “If you love me, you will obey my commandments.”

# What does the Bible say

Spiritual motivation factor # 5

## **Love must be present through steps 1 to 4**

- Jesus knew that love for him is the only motivation that will stand up during trial and temptation, so he teaches us this vital relationship between love and obedience. Jesus is stating a fact, but he's also making a precious promise: love will motivate behaviour.
- He completely knows us. He knows of our desire to obey and our shame and sadness because of our failures. But he also knows this: as our love for him grows, our obedience will grow, too.

# What does the Bible say

Spiritual motivation factor # 5

## **Love must be present through steps 1 to 4**

- Jesus is saying, “Love me and your obedience will flow naturally from that love.”
- We must have a relentless pursuit of love for him. By focusing more intently on his love, more on his obedience, more on his faithfulness and more on his strengths; we will in turn become more obedient, more faithful and stronger in him.

# What does the Bible say

Spiritual motivation factor # 5

## **Love must be present through steps 1 to 4**

- Motivation will come and go if love (our first love) isn't present.
- 1 Corinthians 13:7-8 – “Love never stops being patient, never stops believing, never stops hoping, never gives up. Love never ends.”
- Love never becomes unmotivated.

# If you lack spiritual motivation

## Remember...

- The love of God and of Jesus for us.
- What Jesus did for us.
- His eternal promises for us.
- Luke 22:19 – Then Jesus took bread and spoke a prayer of thanksgiving. He broke the bread, gave it to them, and said, This is my body, which is given up for you. Do this to remember me.