

Motivation

Jim Downing

I. Introduction.

- A. Everybody is motivated in some way.
- B. Probably the greatest motivation we have is the pursuit of ease.
- C. Somebody who watches TV or sleeps all day is motivated; the concern is a change of motivation.
- D. It is impossible for anyone to make any real change in motivation - it involves a personality change. The personality consists of mind, emotions, and will. This means the attitude, feelings, and goals must change.
- E. Forecast: change your mind concerning yourself, change your feelings concerning your work and change your goals concerning your personal value system.

II. Changing your mind concerning yourself.

- A. This is Scriptural. (Romans 12:3)
- B. Self image is my own conception of the sort of person that I am.
 - 1. It is the result of our interpretation of other peoples' reactions to us.
 - 2. A reaction can change someone's behavior.
 - 3. In the home, a person can develop a maladjusted personality because of his interpretations of others towards him.
- C. In regeneration our attitude about God is changed and we establish a new value system, but our personalities may stay very much the same.
- D. The cure to the personality is to reverse the process the same way that it occurred.
 - 1. Our self-image is not usually accurate.
 - 2. A plastic surgeon found that his patients acted the same because they believed that people still saw themselves the same. He believed that they needed personality surgery.
 - 3. The body chemistry does not evaluate communication from the brain as to whether it is true or false - it only identifies the source. If the brain says something, the body chemistry follows.

- a. A person who thinks negatively about his ability is much less likely to succeed at it.
- b. A belief is required to empower - "I can do all things" as Paul said.
- c. There are some limitations to this.
- d. As a person thinks, so he becomes. (Proverbs 23:7)

E. 95% of people are subject to feelings of inferiority coming from evaluations of experiences, not facts themselves.

F. 95% also have pride.

- 1. God will take care of pride in Christians. (1 Corinthians 12)
- 2. Probably 90% of our self-image is wrong.

III. Solution: finding the truth about yourself.

A. God's Word brings truth to a person. (John 17:17)

- 1. A Christian has something going for him because he believes something about the Bible.
- 2. Although there is great diversity, God loves them all. There are no common people, but each is uncommon. Each is made for a specific purpose and he is not in competition with others.

B. By the power of the Holy Spirit men are sometimes set free. The truth sets us free. (John 8:36; 8:32)

C. You can change your image about yourself.

- 1. Personality truths come from lives whose personalities have an impact on you.
- 2. We all have areas of false concept even though we do not see it.
- 3. 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.
 - a. The speaker was shocked. The things he thought were weaknesses were strengths, and the things he thought were strengths they listed as weaknesses.

b. As a result, he retired many of those weaknesses and utilized his strengths better.

4. A person can have a change of motivation by discovering who they are and using their gifts in the best way.

IV. Discussion.

1. The only ways you can find out your deficiencies is through the Bible, the Holy Spirit, and most clearly from those who know you well and who love you and have the courage to confront you.

2. It is common for a person to mistake their greatest weakness for their greatest strength.

3. The speaker suggested to the person having issues accepting compliments that he accept every compliment and thank the person who gave them.

Application questions.

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

2. Outline the solution for a healthy self-image. 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?
