

JUST DO IT:

“How Can I Find The Motivation?”

RIVERSIDE CHRISTIAN ACADEMY (Fayetteville, TN)

Spiritual Emphasis Day Lesson #1 = October 1, 2010

Text: James 1:19-25

¹⁹ My dear brothers and sisters, always be willing to listen and slow to speak. Do not become angry easily,²⁰ because anger will not help you live the right kind of life God wants.²¹ So put out of your life every evil thing and every kind of wrong. Then in gentleness accept God's teaching that is planted in your hearts, which can save you.

²² Do what God's teaching says; when you only listen and do nothing, you are fooling yourselves.²³ Those who hear God's teaching and do nothing are like people who look at themselves in a mirror.²⁴ They see their faces and then go away and quickly forget what they looked like.²⁵ But the truly happy people are those who carefully study God's perfect law that makes people free, and they continue to study it. They do not forget what they heard, but they obey what God's teaching says. Those who do this will be made happy. (New Century Version)

Introduction: I have been assigned the topic of JUST DO IT! The question for us today is "How?" How can we just do it? How can we find the motivation? Does James have any helpful advice? Let's see what the Word of God has to say about it. . . .

Discussion:

I. Learn Patience (v.19)

Ephesians 4:2-3

James 5:7-8

I Thessalonians 5:14

II Timothy 2:24

II. Don't Be A Hot Head (vs.19-20)

Matthew 5:21-23

Hebrews 4:15

Matthew 23:39

Proverbs 6:16-19

Ephesians 4:26

II Corinthians 7:11

I Timothy 3:2-3

John 2:12-24

III. Live Right (v.20)

Matthew 6:24

Philippians 4:13

Romans 8:28-39

Luke 16:13

Matthew 28:18-20

Matthew 7:13-14

Hebrews 13:5

Conclusion: Let me go back to that original question. How can we find the motivation? We know we have to learn patience and we shouldn't be hot-headed and we need to live right, but what could motivate us to do those things? Well, what motivated Paul? The story of Jesus. The story of the cross (**II Corinthians 5:14**). The good news. That's what James wants us to have planted in our hearts. That is message that saves our souls. If the story of God sending His one and only Son for us and that Son's unwavering devotion to accept the death penalty to save us from eternal condemnation DOES NOT motivate us. . . .I don't know what will. Lace up. Start walking. Just do it.