

Introduction



ADHERENCE/FAITHFULNESS is (almost) everything

not be consumed, for His compassions never fail. They are new every morning! Great is Your faithfulness.

Lamentations 3:22-23 TLV

Because of the mercies of Adonai we will

Adonai will repay everyone his righteousness and his faithfulness.

1 Samuel 26:23 TLV

"Woe to you, Torah scholars and Pharisees, hypocrites! You tithe mint and dill and cumin, yet you have neglected the weightier matters of Torah – justice and mercy and faithfulness. It is necessary to do these things without neglecting the others. Matthew 23:23 TLV

But the fruit of the Ruach is love, joy, peace, patience, kindness, goodness, faithfulness...

Galatians 5:22 TLV

"Motivation" actually means something more specific. When most people say "motivation", they actually mean ADHERENCE (FÁITHFULNESS)

ADHERENCE: the ability to stick to a course of action



The details don't matter as much as we think they do

Success is generally determined by our ability to ADHERE/ STAY FAITHFUL to a course of action and let WISDOM develop



Is there a systematic way to grow our adherence/ faithfulness and grow to be the people we know we're actually supposed to be?



The 6 Constructs of Adherence



Our MINDSET is key to spiritual growth.

INSPIRATION MOTIVATION INTENTION DISCIPLINE HABIT PASSION

1. INSPIRATION



INSPIRATION What is it?

The spark that gets you to want to move closer to God; seriously pursue your calling; study a topic; enhance your observance, etc.

INSPIRATION What is it good for?

Getting you to START!!!

INSPIRATION What is it NOT good for?

Sustaining you for longer than... A DAY...

Maybe...

INSPIRATION How do we enhance it?

- Positive: Being around inspirational people
- from a faithfulness perspective
- grow in faithfulness

Negative: Seeing the "not great" shape we're in

Seeing other people overcome adversity and

WHAT INSPIRES YOU?







2. MOTIVATION



MOTIVATION What is it?

A GOAL: The inner desire to want to grow/become more faithful

MOTIVATION What is it good for?

Fueling your adherence day to day after Inspiration has waned

MOTIVATION What is it NOT good for?

Being your support EVERY day... it waxes and wanes daily, weekly, monthly

MOTIVATION How do we enhance it?

- Having a clear end goal (motivated for WHAT?) • Being around positive people
- Seeing positive results from others and LETTING THAT SINK IN
- Overcoming temptations and being proud of that



MOTIVATION



3. INTENTION



INTENTIONWhat is it?

A commitment to execute a PLAN

INTENTION What is it good for?

Setting up clear "what to do" and "what not to do" instructions

INTENTION What is it NOT good for?

It doesn't enforce itself, you still have to do the work to meet your intention

INTENTION How do we enhance it?

- Having a clear plan to follow
- much
- Having accountability

• Giving yourself some wiggle room, but not too

Without intention, goals are just wishes







4. DISCIPLINE


DISCIPLINE
What is it?

The use of willpower to get you to meet your intentions

DISCIPLINE What is it good for?

Closing the gaps between motivation and intention on those "low" days so your adherence/ faithfulness stays on point

DISCIPLINE What is it NOT good for?

Sustainable use. Willpower runs out quickly and needs to be recharged regularly. We need motivation to be CLOSE to good enough to our intentions for discipline to be able to bridge the gap over and over.



DISCIPLINE How do we enhance it?

- Knowing that there w being surprised
- Accountability is HUGE here
- Practice...exerting will power & recharging makes it stronger next time

Knowing that there will be hard times and not





5. HABIT





The automation of faithfulness so that motivation waxes and wanes alot less over time

HABIT What is it good for?

Creating less of a demand for discipline and raising the ability to be consistently faithful

HABIT What is it NOT good for?

Giving you an initial spark & making you fall in love with the faithfulness growth process



HABIT How do we enhance it?

- Having the needed tools easily accessible. PLAN
- Having a schedule
- TIME practicing





6. PASSION



PASSIONWhat is it?

The love of the process of growing more faithful

PASSIONWhat is it good for?

Fueling faithfulness to INSANE levels

PASSION What is it NOT good for?

It's not something we can just get in a few weeks. It takes months, even YEARS

PASSION How do we enhance it?

- BE PROUD OF YOURSELF
- we have to endure.
- Help others with their growth

Let the successes of you growth get in your bones

 Take a break from learning/growing to enjoy your place. Never let growth become a torturous route





