Motivation and Change
Helping Teens connect to God's Word (part 9)

How do we hope Bible study will transform the lives of our students?



I. Three Types of Motivation

A. External _____ motivation.

- This involves some threat that if there isn't change, the person will suffer—through punishment, shame, guilt, or fear.
- This isn't the best form of motivation because once the threat has passed, humans tend to simply revert to their old ways.
- In certain circumstances, for example when there is real danger, it's appropriate to threaten.

B. External _____ motivation.

- This involves rewards, gifts, praise, and so on. These are desired outcomes that most teens truly want.
- If there is unpredictability, or the rewards take too long to arrive, teens often lose their motivation to change or even to stay in our group.

C. The best form of motivation: _____ motivation.

- Seeing spiritual progress in their own lives or in the life of the group.
- Awareness of Jesus' love and mercy towards them.
- An awe and love towards God.
- Sincere caring for others.
- A sense of responsibility for others in the group.
- A sense of the group's significance as a place where others are finding Jesus.

'The goal of any external motivation is to spark internal motivation.'

The leader's goal is for teenagers to grow spiritually on their own; for them to do things not because they were asked or forced to, but because they find they want to do them.

II. Motivation for Lasting Change

A. Three factors that do not lead to lasting change

1. _____ - Simply knowing something usually does not lead to lasting change in life.

2. _____ - People tend to think of themselves as the exception, thinking bad things will happen to others, but not to them.

3. _____ - It can bring about change, but only as long as the 'enforcer' is present.

B. Three factors that contribute to lasting change.

1. _____ - Believing friends inspire lasting change.

2. _____ on oneself and one's life can contribute to lasting change.

- Seeing a difficult situation not as a negative, but a positive; not as a problem, but as an opportunity for God to work, or as an experience that can help others can help turn someone around can make a big difference.

- A leader's attitude towards a young person can also inspire them to see themselves in a new light.

3. Reinforce what's new through _____.

- Strive for consistency. Try not to cancel meetings. Have a plan and to be there and ready, even if only a few can come.
- Help the teens develop consistency in prayer, Bible reading, and other spiritual habits—not by making them feel guilty but because you care about the importance of their relationship with the Lord.

4. The _____. Only the Holy Spirit can do something supernatural.

Remember to _____ .

- for our teenagers by name, asking God to do His work in their lives.
- for wisdom for our task of motivating our kids to seek the Lord.

'*When we work, we work; when we pray, God works.'*

Discussion Questions

1. What has been one of the biggest changes you've made in your life?

2. What helped you make that change?

3. What from this video might be useful to you?