

Living a Meaningful and Fulfilled Life Part 2

Reclaiming Your Will : The Power To Change

1 Strategic Principles to Start Changing

1.1 Turn what you know into what you do

Proverbs 10:4

*Lazy hands make a man poor,
but diligent hands bring wealth.*

1.2 If you don't reclaim your will and act upon what you know all your plans will not be realized

1.3 Your actions shape your destiny. Nike got right when they said: 'Just Do It!'

2 How to Strengthen Your Will

2.1 Most people don't do what they are supposed to do because of indecision and inertia.

2.1.1 A lot of procrastination is not really procrastination, it's indecision. I can't decide. I can't decide what to do next, or whatever.

James 4:17

Anyone, then, who knows the good he ought to do and doesn't do it, sins.

2.2 Self-discipline

2 Tim. 4:5-8

But you, keep your head in all situations, endure hardship, do the work of an evangelist, discharge all the duties of your ministry.

[6] For I am already being poured out like a drink offering, and the time has come for my departure. [7] I have fought the good fight, I have finished the race, I have kept the faith. [8] Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day--and not only to me, but also to all who have longed for his appearing.

These verses are packed with self-discipline or if you like self-control. Paul says:

- I am poured out...I have given my all for the sake of Jesus and the kingdom of God.
- I have fought the good fight...I never backed down, rather I kept my head down and persevered.
- I have finished the race...I never deviated from my course and I kept my eyes on the finishing line as though my life depended upon it.
- I kept the faith...I never doubted nor questioned the goodness of God even when imprisoned or beaten and left to die. I remained faithful to Jesus in all circumstances.

I see in these verses a number of kingdom principles. Let me give them to you:

- The race is to believe until the end! Don't give up! Don't allow your weak will to cause you to drift off course. Don't allow indecision to trip you into inertia.

- The fight is to believe until you win!
- The more you overcome the more you will rule over.
- Perseverance under pressure prepares you for promotion in the kingdom of God.

2.3 Practice the 4 P's

2.3.1 Prayer. Prayer will strengthen your inner man and resolve. It is living out of the place of radical submission to Jesus and his will for your life.

Ephes. 3:16-21

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, [17] so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, [18] may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, [19] and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.

[20] Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, [21] to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

2.3.2 Patience. We give up too easily because we are impatient. We become impatient with ourselves and with God.

2.3.3 Persistence - the art of disciplined routine

2.3.4 Perseverance

2.4 The will is like a muscle: it grows stronger with use. And like your muscles it needs to move, to exert itself. Your inner strength is waiting for you to be called upon, to grow stronger still.

3 The Power of Purpose

3.1 A strong will with nothing to do is like a strong horse with nowhere to go!

3.2 You need God's power and your will power to make a journey to fulfilling your God-given purpose. And to make the journey you need:

3.2.1 What you require

1. Direction - God's plan for your life. What has he called you to do? What has he gifted you to be? Abraham by faith left his family and country and chose the God-path for his life, even though he was not sure where he would end up!

2. Task - God's to do list for your life. What has he called you to do? Whom has he called you to serve? Who has he called you to love and comfort? And these to do lists can change weekly or monthly.

3. A goal - where God wants you to land. For me it's the Father's House and India.

4. A mission - God's field. Where God has planted you he wants you to grow. He wants you to grow in your work place, and here at the Father's house.

If you paid attention to these four requirements you would soon know God's plan, purpose and direction for your life.

3.3 Purpose and obstacles

3.3.1 Whatever your purpose, obstacles will appear between you and your goals. Your will power is like a 4x4 that drives you around the obstacles, past the stumbling blocks, over hurdles, through doubts and uncertainty, sending you onwards to your destiny!

3.3.2 Consider the obstacles Abraham had: The promise of an heir when he was in old age; he did not know where he was going; he left his comfort zone of belonging, culture, family for an unknown destination.

3.4 Meaningful and fulfilled living comes down to this:

3.4.1 A deep satisfying relationship with Jesus

3.4.2 Know your God-ordained purpose

3.4.3 Do what needs to be done

4 Know your Purpose

4.1 To clarify your purpose, consider the following actions items:

4.1.1 Pursue your dreams.

4.1.2 Pay attention to how your goals appear in each moment, at home, work, or school, as things you want to do and as things you need to do.

4.1.3 When you lose your way will you actually lost your way? Have you forgotten your purpose?

4.1.4 Break your purpose into monthly goals, weekly goals, daily, goals, and immediate goals - the next step right in front of you.

5 Hurdles on the Path to Living your Purpose

5.1 Self doubt

James 1:5-8

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. [6] But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. [7] That man should not think he will receive anything from the Lord; [8] he is a double-minded man, unstable in all he does.

5.2 Fear of failure - the 10 spies

5.3 Unrealistic standards or perfectionism

5.4 Lack of planning to see the goal finished

5.5 Staying focused

1 Tim. 4:15-16

Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. [16] Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

5.6 Resistance to change. Change is painful but necessary for you to change the way you view life and your destiny. It is more comfortable to stay the way you are. But if you want to reclaim your will and make changes then its going to cost you. The Israelites wanted to go back to Egypt because the changes required adjustments, commitment and hardships.

Numbers 14:1-3

That night all the people of the community raised their voices and wept aloud. [2] All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, "If only we had died in Egypt! Or in this desert! [3] Why is the Lord bringing us to this land only to let us fall by the sword? Our wives and children will be taken as plunder. Wouldn't it be better for us to go back to Egypt?"

6 Motivation and Will

In this life persisting towards your purpose and goals requires both a want and a will. When we want something we get it out of desire, we depend on feelings of motivation to carry us towards our goal.

Will on the other hand is when you will something; you act out of duty, commitment, loyalty and integrity because you are aware of the consequence of not doing it.

1 Cor. 9:26-27

Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. [27] No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Motivation in Perspective

Motivation is when you find it; but rely on will power when you don't.

1 Cor. 15:58

Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.

Successful people are not necessarily smarter than their counterparts; they are more disciplined. You can't wait for moments of motivation or inspiration. Successful people strive no matter what they feel by applying their will to overcome apathy, doubt or fear.

Motivation works in the moment but your will is where the staying power is and where persistence, perseverance and endurance are required.

When Jesus was in the Garden of Gethsemane what caused him to persevere and push through and endure the sufferings of the cross? His will. He set his forehead as flint stone and headed for Jerusalem - the place of suffering.

7 Practical Guidelines for Reclaiming your Will

7.1 Life is training therefore learn to move with your will. God gave you a will to succeed.

7.2 Keep it simple: A little bit of something is better than a lot of nothing.

7.3 Draw upon what you have already accomplished

7.4 Apply time-limited discipline. Cut back on things that claim your time so you can reclaim your will and go hard after your goals.