**The Renew Series Week 3**

Welcome to the Renew Series. The content for this series has been taken from an amazing Podcast by Dr. Amber Selking entitled “Building Championship Mindsets”. Checkout her website at: http://selkingperformance.com.

**Rewind:** We began the Renew series learning about how our thoughts matter and how our thoughts build mindsets!

In this series we are exploring 8 Building Blocks to help you think and act like a champion.

We explored the first building block: Awareness.

**Small Group Sharing:** How did the daily devotions and exercises impact your life this week?

**Facilitator Notes:** Use follow up questions if necessary to get people at your table reflecting on the past week. Examples: Did you get the devotions on your phone? Do you need to take a printed copy today? How many days were you able to do your devotions? Did wearing the elastic band help you think positive thoughts? Were you able to do the 3-2-1 exercise? How did it help you think positively and creatively about your day and your life?

Today weare going to explore the second building block: Motivation.

**Small Group Sharing:** What keeps you going in life when you are tired and feel like giving up?

**Facilitators Notes:** Try and get each person to think deeply and share what it is that actually motivates them in life. Don’t let them copy what someone else says - push and probe so they think deeply!

**Scripture:** *Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.* (Colossians 3:23-24)

**Small Group Sharing:** What does this Scripture say about what should motivate us in life?

**Facilitators Notes:** Don’t let teens just say the obvious – or repeat the words in the verse – ask them to go deeper by using why more than once, or ask them to think of something that has not been shared yet.

**Definition:** Motivation is about knowing why we do what we do, what keeps us moving forward and what hinders progress so we can think and act like champions.

There are different types of Motivations - some good and others not so good - here are two and they each have an opposite:

**1. Internal vs External Motivation.** Are you motivated from the inside (which is internal) or do you need someone standing over you making sure you get things done (which is external)? The verse we read from Colossians challenged us to be motivated for within and not just to please human masters - we should see ourselves working for Christ.

**2. Positive vs Negative Motivation.** Are you motivated to be the best you can be (which is positive) or to beat others and maybe even hurt them (which is negative)? To compete comes from the Greek word “competeer” which means to strive together. It means you bring your best and I bring my best and together we have a phenomenal experience or game. We go hard on all levels but it is not to hurt anybody. I want to be the best and I want people around me to be their best

**How Do We Work on our Motivation?**

**1. Know Your Why.** The most important question to answer is: Why do you do what you do? What gets you out of bed in the morning? Find out why you do what you do. This will help you clarify your purpose? Knowing our purpose gives us courage to do what we need to do. We should get up every day to win the day.

**2. Set Your goals.** What do you want to accomplish by doing what you are doing? Set some targets can help you know want to accomplish on the journey.

**3. Clarify Your Vision.** Ask yourself: How do you want to be remembered by people? Clear vision, clear results. Fuzzy vision, fuzzy results.

**Summary**: How do we work on our motivation? (1) Know our why. (2) Set our goals. (3) Clarify our vision. When we do these things we will be motivated from the inside out.

**Scripture:** Therefore stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labour in the Lord is not in vain. (1 Corinthians 15:58)

**Practise:** **The Yearbook Exercise:** When the Yearbook is printed at the end of your high school career what do you want it to say about you? When you have written it (and maybe posted it to the WhatsApp group this week) you can use it to motivate you from the inside out!

**Scripture:** Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. (Joshua 1:9)

**Next Steps:** (1) Join the WhatsApp group. (2) Have your daily devotions. (3) Do the brain exercises.

**Facilitators Notes:** Before your group leaves your table after the prayer - make sure they have all signed up for the WhatsApp group and challenge them one more time to do their devotions and the exercise during the week- including last weeks 3-2-1 exercise.

**Prayer:**

**Next Week:** Next week we will explore the third building block: Confidence.