

## Motivation

Grant us, O Lord, to trust in you with all our hearts; for, as you always resist the proud who confide in their own strength, so you never forsake those who make their boast of your mercies; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

### Look

Motivation is mental carbohydrates. It provides the energy to get us feeling, thinking and moving to create a change in ourselves or our surroundings. Nothing can motivate me to clean better than knowing company is coming!

1. What motivates you to create a change?
2. Can you think of a time you were motivated to change something? What was your goal?

### Book

#### Exodus 32

This passage showed us how quickly the Israelites lost sight of their purpose without leadership. It reveals the power of motivation as Moses reminds God that destroying his “stiff-necked” people would not bring more people to Him.

1. God created the 10 commandments, and while in the process of reciting them to Moses, the Israelites are indulging in behavior the commandments address. So, Moses hears God's words, witnesses the offensive behavior, and pleads mercy for the guilty. What did God want Moses to learn?
2. How is Moses able to stay motivated in the face of such betrayal from those he's leading?

### Took

The sermon reminds us that we need to make a place for everyone at the table, keep our promises, and be mindful of our reputation within the community.

1. What changes can we make to ensure all people feel they have access to St. Tims. Who may not feel like they have access?
2. What can we do to “get motivated” as we prepare to welcome a new leader?