

# Our Human Condition

One thing I frequently enjoy while on road trips is listening to motivational speakers. One of my favorite personalities is the late Zig Ziglar, who once said: "People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily." I think all of us have found this to be true. We can be excited and enthusiastic about life one day, and dejected the next. Even on a good day, sometimes a negative comment or an unexpected setback is all it takes to send a person into a tailspin of self-doubt and despondency.



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Recognizing the truth of this human condition, the apostle Paul writes in Romans 12:11: "Never be lacking in zeal, but keep your spiritual fervor, serving the Lord." If Jesus Christ is Lord over every aspect of our lives, the application of this biblical admonition should not be limited to the "religious" aspects of our Christian walk. Instead, I believe this admonition to remain motivated and zealous applies to every aspect of our lives: walking the dog, cleaning the garage, doing

homework, finishing a sales presentation at the office, exercising at the gym ... you get the idea. At Cypress Christian School, we stand for the proposition that if we are in Christ, all parts of life are His, have a spiritual component, and therefore deserve our best effort and zeal.

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Furthermore, since all can be forgiven, and since there is no condemnation for those who are in Christ Jesus, Christians have a good reason to have high levels of motivation and zeal in every facet of life. Yet most of us experience times of discouragement, fear, worry or apathy. So how can we follow Paul's instruction and increase our zeal during those low times in our lives?

In addition to asking God for His help and renewing your mind on biblical truth, here is some time-tested and proven advice that helps restore motivation and fervor: 1) Get enough sleep; 2) Exercise often; 3) Focus on good things; reject useless speculation and fear; 4) Avoid comparing yourself with others; 5) Practice thankfulness; 6) Forgive yourself and others quickly; 7) Seek to find and be around positive and motivated people who are also trying to serve the Lord with thankfulness and enthusiasm.

By consistently following this advice you will enjoy more success as you endeavor to live a life characterized by zeal in serving the Lord.