

Aim: To understand what self-motivation is, to encourage juniors to take responsibility for them self.

Do you ever get tired of being told what to do all the time?

When you are young, your parents tell you exactly what to do and when to do it – they are supposed to. Proverbs 22:6 says, "Train up a child in the way he should go" ^{ESV}
But as you grow older you should start doing things without being told.

What about you? What do you do without being reminded and what do your parents still have to remind you to do? Make your bed? Brush your teeth? Pick up your clothes? Do your homework? Other?

As you become a teenager and enter high school, you should be starting to do all these things for yourself without being reminded; this is good practice for when you are an adult and have to do everything for yourself.

Do you know what self-motivation means?

It means motivating yourself to do what needs to be done without being told. People who are self-motivated do a lot more in life than people who are not self-motivated. They will have better jobs because they don't need to be supervised all the time and they can get the job done on their own. They will get a lot more done at home, at church, at whatever they do.

Here are two verses that can help you to be motivated. Colossians 3:23; Matthew 25:40

Have you ever surprised your parents by getting something done without being asked? How happy were they? Remember that Jesus said when you do something special or nice for someone it is like you are doing something special or nice for Him.

What do you think the opposite of self-motivation is?

People who are not self-motivated would probably be called lazy. They wait to be told what to do and how to do it and when to do it. They would rather sit at home than get organised and do something.

Read these proverbs from wise King Solomon and briefly discuss what each one means:

Proverbs 10:4
Proverbs 12:11
Proverbs 14:23
Proverbs 19:15
Proverbs 20:13
Proverbs 24:30-34

Sometimes teenagers don't want to do the things they should do because they don't like their parents nagging them; if you find yourself feeling like this, then you need to talk to your parents about it.

Both you and your parents should read Ephesians 6:1-4NIV – "Children, obey your parents in the Lord, for this is right. 'Honour your father and mother'—which is the first commandment with a promise— "so that it may go well with you and that you may enjoy long life on the earth. Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."

You might come to an agreement where they don't nag you about it and you organise yourself to do it. They'll probably want to check to make sure you do get it done, but if you agree on a time for them to check then they won't need to keep nagging you, and you will all be a lot happier. Maybe you don't want to be reminded to make your bed and you plan to have it made before breakfast every day and only if you forget, then Mum can say something after breakfast.

The more things that you can do, without having to be reminded, the easier you will find it when you start doing high-school assignments, and the easier you will find it when you finish school and start work.

Read the story: "Whatever I Want" from Great Stories for Kids book 1 (Stays at her friend's house where they can do whatever they want; realises that this also means other people can do whatever they want to you too. Discusses it with her Mum; Mum agrees not to remind her about her bedroom until Friday.)