

# The “Why” Behind Your Faith

What is the “why” or the motivation behind your faith? In my years as a professional counselor, discovering a person’s why or motivation was always the key to bringing them back to a state of hope and healing. I have observed many Christians who lose their motivation to serve others, lacking a desire to sacrifice for their spouses and their families and even feeling burnt out in their chosen areas of ministry. Learning to go back to the one true Source, Jesus, is our only hope for redemption. As leaders, healers and ministers, the world tends to drink of Christians until they are dry so we must look to our Savior, who is the Living Water to fill us to overflowing once again. We will all lose our way, feel disheartened and become exhausted if HE is not our deep-seeded motivation.

Let me ask you a couple reflection questions that have always brought me back to the feet of Jesus: Why do you serve others, in the church or in the community? Why did you initially start your ministry or why would you like to start one? Why do you get up in the morning and do what you do, day in and day out? Can you do these daily activities with joy and gratitude, no matter the circumstances?

The “why” behind our faith is very significant. It not only reveals our true motivation but it is also the fuel behind the passion for our faith. And it is that passion evident in us that will inspire an unbeliever to seek and follow Jesus.

I urge you to spend some time asking yourself these questions and then validating your answers with God’s truth, found in His Word. The only answer is to be motivated solely by a desire for His presence and then to show His love to the rest of the world; nothing more and nothing less. To hear more, check out “What is your Motivation?” {eoa}

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