

Radio Maria 9 3.3.23 Motivation

Today's theme is motivation. The answers to the question "Why? Why do I, why do you, do anything?" It is a question that hangs on it question mark firmly in my mind.

My 53 years of priesthood have taught me that we cannot change others. However we can – and I know I should – give them the tools for the job – including motivation.

Some questions cannot be answered with any certainty. I mean, why Did God create the universe? This side of the grave we can only guess. The best answer seems to me to be because *bonum est diffusivum sui* Goodness - of its very nature - tends to spread.

The full answer we shall discover once we are born into eternity and meet God.

In some cases, the question is irrelevant. When I had my two operations for my two kidney stones – ten years apart – I could not care less whether the surgeon did a good job out of pride, routine, competing with his peers, earning a fee... As long as the outcome was great, the motivations did not matter to me.

We've all done the right thing for the wrong reason. Sometimes we're only vaguely conscious, if that, that our motives are less than an ideal match for our actions. More often, however, we assume that provided the outcome is the right one our motives don't really matter all that much. From a purely consequentialist ethical perspective, outcomes tend to be what concern us. Therefore, we can get away with not examining the rationale directing us to act the way we do too closely.

However, ever since my Eriskay Experience - when I had my personal Pentecost experience, I tried to do – I was motivated by the desire to do - God's will: what I thought God wanted me to do. So, I started to attend daily mass, on weekdays when at Clapham College at the Redemptorist Church at Clapham Common. In Latin, the priest zoomed through the mass which took less than twenty minutes so i had enough time to arrive at school on time.

Realising that everything I have is a gift – a loan - I started to take my studies seriously - and , Ubuntu was the result. I was awarded prizes every year. I also volunteered to work as assistant scoutmaster for the 28th Streatham Troop, based at the Church of St Simon and St Jude, Hillside Road.

I never wanted to be a teacher and as I enjoyed maths and physics . I imagined God wanted me to help him make the world a better place by becoming a Civil Engineer. So, I applied to and was accepted by Imperial College

At the end of the fist academic year, I was given my summer practical experience - no choice of mine - at Tarbert, Argyll. The beauty – the geology and geography of that area generated a crisis in my heart. My Eriskay experience mushroomed into a crisis. I had to give myself to God. On the 23rd of September, I joined Opus Dei as a Numerary member. My motive had been to assuage my yearning for commitment to God. Its outcome was joy, peace, delight and a great education in spirituality, ethics and - within ten years - my priesthood.

When taking notes at Imperial College and then the Lateran university, to keep me focused on why I was taking those notes, I used to write AMDG - *Ad majorem Dei gloriam* (For the

Greater Glory of God) in the top right corner of the A4 sheets. For my confirmation I had taken the name of Francis – Francis Xavier.

While at prep-school, I had been reading - and re-reading - the life of Francis Xavier and was impressed how, after pope Leo 3 had asked the newly founded Jesuits to go to convert Portuguese Indian colonies to Christianity, and the man assigned to go there fell ill, Francis Xavier volunteered to take his place. His love of Christ and desire to bring as many people as possible to believe in Christ motivated him to go. He arrived in India 6/5/1542; exactly 397 years before I was born. This year, King Charles shares his Coronation with my 84th birthday Lucky man!

Francis Xavier's commitment to God moved me.

The 3 Types of Motivation: extrinsic, intrinsic and familial.

1. Extrinsic

Doing an activity to attain or avoid a separate outcome

Chances are, many of the things you do each day are extrinsically motivated.

Like exercising to lose weight, learning to speak Italian to impress your friends, or getting to work on time to avoid being yelled at by your boss.

“Extrinsic motivation is doing something for the external rewards you get from it. In your career, this can include financial gain, benefits, perks and even avoiding getting fired,” says Shawna Clark, owner of Clark Executive Coaching, a leadership development company.

When you find your inspiration waning, re-focusing on external rewards is a quick way to recommit to a goal or activity, whether that be performing well at work or sticking to an exercise routine. If you find yourself grumbling through your commute each day (to perform a job you're not crazy about) try focusing on the external rewards — be it the paycheck that pays your rent, the health insurance or even the free fruit in the cafeteria — to get motivated.

Recent research has shown that people who worked a four rather than a five day week were more motivated and worked harder that in those four days their weekly productivity improved.

In Japan, the 1635 Sakoku - literally "chained country" - Edict was motivated by the Tokugawa shogunate to remove the colonial and religious influence of primarily Spain and Portugal, which were perceived as posing a threat to the stability of the shogunate and to peace in the archipelago.

The motivation of United Netherlands - what is now Holland - in the first half of the seventeenth century to build up its navy and world trade was its desire and a need to extend the Dutch commercial sphere beyond Europe. Their success in combining war and trade, conducted in widely separated theatres simultaneously, won them a vast commercial-colonial empire in Asia, Africa, and the Americas. Remember that, what in 1664 became New York, had been New Amsterdam since 1624.

2. Intrinsic

An internal drive for success or sense of purpose.

My desire to support Ukraine motivated me to obtain a gift from my sister Jarmila living in Paris: two pairs of socks in yellow and blue. When last week outside Westminster Cathedral a woman asked me how to get to Victoria station, given her accent, I asked where she came from. "Ukraine" she replied. What a joy on her face when I pulled up my trouser leg to show her the Ukrainian flag colours.

The journal of Contemporary Educational Psychology defines intrinsic motivation as doing "an activity for its inherent satisfaction rather than for some separable consequence. When intrinsically motivated, a person is moved to act for the fun or challenge entailed rather than because of external products, pressures, or rewards." Like going for a run, socializing, helping a neighbour carry their shopping or even going to a weekday mass – because it makes you feel good. It may be doing a purposeful job you enjoy and feel its worth doing; like me taking Holy Communion to the housebound or celebrating mass in prisons.

Just because you don't immediately see the connection with your own job doesn't mean it doesn't exist. Step back and take a look at the role you perform each day and look for sources of success or purpose. For example: You may not care much about the product your company sells or find satisfaction in fielding phone calls, but as a customer service rep, you can focus on feeling good about the people you were able to help throughout the day and use that as a source of motivation to keep working hard.

3. Familial – a desire to provide for your loved ones.

Seeing Christ present in people - remember Mt 25,40 "What you do to the least of mine, you are doing to me" – motivates me. Sensing that presence in every member of God's family will enhance the quality of your – and their life. Ubuntu

There are two categories of motivation: the pullers and pushers. Needs and Values - our goals - our ambitions, duty, a dream – like Pope John 23's for bringing the Church up to date and like Nicola Sturgeon's for Scottish Independence – inner urge to be creative, to leave a legacy, make money, become famous, as well as hunger and thirst and of course our loves are pullers. As are yearning for recognition and hope of rewards. Needs across the PIES: hunger, suspicion, hate or love, justice. They draw us forward.

The pushers are fear - of pain, danger, boredom, rejection, loneliness, fear of obesity and/or dementia, loneliness loss of prestige - not doing the best for God. Hence, I prepare my homilies from a Sunday afternoon for the following Sunday.

Admission and hatred of an addiction - once they have hit rock bottom - drive people to go through pain to obtain gain and start to be cured.

The quality of motivation can radically – swiftly, or eventually - change for better and for worse.

Needs across the PIES: hunger, suspicion, hate or love, justice.

Vocation, inner urge. Love of God and enjoying life. I encourage young people to go for what they enjoy doing most.

Creativity – painting, writing, photography, medicine.

I remember one lad saying he would specialise in dermatology as in this department there are no urgent needs to get up in the middle of the night to solve a medical necessity.

The seven gifts of the Holy Spirit motivate us to seek wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord

Some folk prefer the negative motivators of the seven deadly sins: avoiding pride, greed, lust, envy, gluttony, wrath, and sloth.

Inspired by Churchill who hated Hitler and Stalin, yet sided with Stalin to beat Hitler, I use my vices to keep on in a civil war. Vanity fights gluttony, pride fights the others. Many of my virtues are the outcome of those wars.

to get a sculpted body is positive motivation, because you're adding something to your life.

Motivational drives.

Vocation - Some folk have a strong feeling of having a vocation, a **strong inclination to a particular state or course of action**. It may be a divine call to the religious life. Maybe a yearning to help others through nursing or teaching. As Jesus said, “What you do to the least of mine, you do to me.”(Mt 25,40)

Sense of autonomy – that the job you’re doing is yours and yours alone, and that while others may have ultimate control over the bigger picture you are the master of your own world.

Wealth, comfort, fame: Jesus Christ’s three temptations.

Desire for mastery – a feeling that everything you do, learn and see increases your capabilities, worth and skills as a human feeling. Best encapsulated in a quote by French psychologist Émile Coué de la Châtaigneraie, “Every day and in every way, I’m getting better and better.”

Sense of purpose – your actions in the workplace contribute to self-identified reasons for your existence and, by the same taken, you recognise your own purpose in the organisation’s future.

Recognition of self-efficacy – you recognise your own skills and – crucially – know how they allow you to do your job more effectively than someone who lacks these skills. Recognition that your employer knows what your skills are and why these make you primed and perfect for the job.

Feelings of familial contribution – helping young adults: launching YAP to Lourdes. Everything you do on a daily basis flows into something bigger that ultimately creates a

better life for your family. A sense that it's worth doing your best on every little thing to make sure the familial contribution you make from your job is maximised.

Understanding of individual importance – you're an essential part of the machine, a cog difficult to replace, and your superiors understand you're an important cog. Father Basil, just after Christmas 1988, appointing me responsible for young people

Clear sense of impact – setting up SPEC, LOFT and SPECeast understanding where and how your work positively impacts the organisation and how your direct impact helps propel the organisation to success. There's a clear chain of impact that all starts from your own hand – your client service makes a particular client happy, who then provides a valuable testimonial and re-books, and that testimonial helps the company win another client.

Self-referential appreciation of job meaning – your job is a powerful part of your sense of self and contributes to the overall feeling of confidence, well-being and drive that makes life worth living. The job is not something you do only to pay the rent but something undeniably tied into your physical and emotional self.

Confident of future rewards – incentives are powerful and prospect of future rewards motivate you to be the best you can be today. You're aware the organisation has a culture of both tangible and intangible rewards and also aware that human beings need both. Work hard today and you'll be rewarded tomorrow – you know this, the organisation knows this, and the culture reflects this

High internal locus of control – a sense that you can influence the workplace around you and mould your actions, responsibilities and future in a way that aligns with your future goals, desires and needs. A sense that you're not simply a puppet to help achieve the future financial success and self-improvement of superiors and that you are able to influence them as they can influence you.

Perceived ability to access rich and deep information – a sense that no avenue of information flow within the organisation is closed off to you and that superiors are willing and waiting to furnish you with the information you need – often sensitive information, but that doesn't matter because they trust you – to do your job to the highest standard

Goal alignment with organisation – that you're not trying to steer the boat left when the organisation is trying to go right. That everything you do flows in the same direction as the organisation and that everyone is rowing skilfully and strongly, building the intrinsic power of the organisational vehicle and making sure it's moving towards the same goals and triumphs.

Feelings of peer approval – preaching as well – and as tight – as so that your colleagues, superiors and those you manage approve of you personally and professionally and feel that the way you work is socially positive and fits in with the needs of the organisation.

Recognition of organisational jurisdictions – that resentment or uncertainty is never a problem because you understand precisely what you are responsible for, what you own and what you manage, and who is responsible for areas that you're not. Clearly-defined remits are standard across the whole organisation and you're never frantically second-guessing who's responsible for a task or action

Constant envisioning of a more attractive future – that the now is just the springboard to a better personal and professional future and that this view is shared across the entire organisation. That everything you do is helping to build the picture of this better future and that even when, as is always the case in business, you have to take a step back, you know you'll soon take two forward because you can't not succeed in an organisation where everyone eagerly anticipates the spoils of tomorrow.

Contentment with structural distances – that the working relationships with your superiors and colleagues are perceived as suitable by all sides, and that the physical and emotional distances cause comfort rather than friction, helping to promote friendship as well as an effective and transparent working environment.

Sense of resource-richness – you've got the tools at your disposal to do the job you want and need to do. These tools are high-quality, maintained and updated when you need them to be – they make your job and life easier and, crucially, improve the quality of your work and help you differentiate yourself and the business from competitors.

Mastery of time – that the working day runs on your own agenda rather than running away from you and that you feel able to take the time you truly need to complete tasks, with a clear understanding on how and when you'll spend your time in the near future. That your use of time is socially and professionally respected by bosses and colleagues.

Standing on the shoulders of giants – that you're reaching further towards perfection than competitors, and that you're mobilising the knowledge, ideas and breakthroughs that have come before you to propel your skills, output and the company to a new plane of innovation and achievement.

You may know of someone with Obsessive Compulsive Disorder – OCD and wondered why they have the way do. Compulsions are repetitive behaviours that folk feel driven to perform. These repetitive behaviours or mental acts are motivated by a need to reduce anxiety related to their obsessions or prevent something bad from happening. However, engaging in the compulsions brings no pleasure and may offer only a temporary relief from anxiety

If they have had a painful childhood experience, or suffered trauma, abuse or bullying, they might learn to use obsessions and compulsions to cope with anxiety. If their parents had similar anxieties and showed similar kinds of compulsive behaviour, they may have learned OCD behaviours as a coping technique.

If these OCD sufferers are your friends, do let them know that meditation is an important part of OCD recovery for various reasons, but most importantly because it gives me more time between being triggered and my response to that trigger. Seasoned meditators found that they had stronger “operative connectivity” between the prefrontal cortex (the thinking part of the brain) and the amygdala (the emotionally reactive part of the brain and the centre of the fight or flight response). The stronger this particular link in the brain, the less a person will be hijacked by emotional ups and downs of all sorts

Skiing

Is risky. People often break bones. So why do some people love it? There seems to be a neurological explanation why skiing is so enjoyable. The lateral acceleration stimulates a set of receptors within the inner ear that connects us to the centre of the earth. Any change in the

relative position of gravity makes the otolith - a piece of calcium, sitting on the membrane of the ear - roll. This gives the body a feeling that it is moving relative to the centre of the Earth. This creates that feel-good state where your mind and body experience the ultimate in skiing. The science is complicated, but the feeling is unquestionable. Because this feeling puts you “in the zone,” it can be used for meditation as well. Thus, when someone halfway jokes that skiing is their therapy, there is actually evidence to back it up.

Stamp Collecting

The motivation to collect stamps is the pure joy of collecting. Locating and purchasing rare stamps or stamps needed to complete a particular type of collection provides the individual with a sense of accomplishment and pride. Just the pure joy of the hunt and the find is enough reason for some people.

Motivation in Migration.

1. To Escape Conflict Zones

Between 2000 and 2020, the number that had fled conflict, crises, persecution, violence, or human rights violations doubled from 17 to 34 million.

2. Due to Environmental Factors

Due to sudden storms, floods, tsunamis, and several other natural disasters people need to flee and seek asylum in another relatively safer environment.

3. Escape Poverty

4. High Standard of Living

5. Personal Needs

Some people genuinely believe they belong in a different country. Many times, minorities (religious or sexual) have seen the need to move from their home country to a more tolerant nation, so they can begin the life they always wanted. Think Puritans and Plymouth Brethren sailing from England to America

6. Higher Education

7. Love

Every day people are moving to the other end of the world people to be with their loved ones, it isn't as strange and uncommon as it sounds.

8. Family Influences

9. Advertisement offer a better life

10. Better Healthcare

11. Be Closer to Nature.

Motivated by my desire to use my time on earth as creatively as possible – helping God make the world a better place – I developed my **Seven Strides to Success**.

1. Decide What I Want .My Aims. ...
2. Write it Down. ...
3. Set a Deadline. ...
4. Make a List. Of steps – objectives to get me there ...
5. Organize my list, prioritising objectives .
6. Act, work, keeping on keeping on. .
7. Pray

My seven Steps to Success in Life are:

- 1 I edit your mindset to see that anything I aim for, given the right resources, is possible.
2. I surround myself with go-getters. ...
3. Never get comfortable. I keep on keeping on....
4. I build mental strength by celebrating past successes and keep focused on my goal – like when I started YAP,WDP,SPEC, LOFT and SPECeast.
5. Reflect on myself to see how I am keeping up with my resolutions and support ...
6. I stay curious. How did others succeed?
7. Pray TAPS. I use TAPS – thanking, asking, praising and saying sorry - to motivate my PIES, those physical, intellectual, emotional and spiritual components of my life.

Thanking God – for everything in life is a gift – my gratitude releases not benign hormones in my body making me feel good but assuages the feelings of grief when I lose someone I love. ”I thank God for Jack or Jill – and how they enriched my life. Now I have room in my social life for new friends and, letting go of the past, I can live in and for today.”

Gratitude for yesterday, hope in tomorrow and I can delight in today, no matter what appears on the news.

Asking God, I am motivated to remain realistically humble and avoid the ever lurking close at hand pride.

Praising God for the beauty of creation – in particular the wonderful evolution that has resulted in the magnificent complexity of our human bodies and brains, reminds me that like gravity – God is everywhere.

Saying Sorry – enables me to see the past as a rehearsal for the present – and delighting in God’s merciful forgiveness. We do not learn from our mistakes. We learn from thinking about our mistakes. Thanks to my many mistakes, I have acquired a smidgeon of wisdom.

Lent is a spiritual gymnasium. What virtues are you aiming to enhance? Why? AMDG?

As this year's Lent was getting into its stride, I recruited myself into a company named Hydrosyst. Why? Three reasons. 1. By working to reduce the carbon foot-print of companies that - like commercial laundries, swimming pools, hotels and office blocks - use water, I help God take care of our planet. 2. To help me stay young at heart – the theme of last week's catechesis - I wanted to become a part of a small community of very fine human beings. And 3. I have another motive for getting up in the morning and staying as fit as I can so as to live of this planet as long as I can – and use my priesthood to help build the Kingdom of God on earth.

As the start of Formula One draws near, Charles Leclerc admitted that “Winning is what motivates me, so I am looking forward to getting back into the car and hopefully try and win that championship.”

In our lives there tends to be a mix - a whole casserole - of motives C'est la vie.

I know I never know what, deep down, motivates others or admit what actually motivates me.

A couple of weeks ago, I explored our life within the Land of the Heart (you can access the blog of that talk on my website fathervlad.com. [fathervlad](http://fathervlad.com) all lowercase and one word). I admitted that most people do not know themselves very well.

To reduce my brain ageing – and, I hope, the risk of dementia - I am motivated to stay curious, I keep thinking – and writing and this afternoon broadcasting – to stay mentally healthier for longer.

To stay as young as possible, I am moved to avoid ‘thinking old.’ My philosophy resonates with *Robert Louis Stevenson's*, "don't judge each day by the harvest you reap but by the seeds that you plant," and *Eleanor Roosevelt's*, "the future belongs to those who believe in the beauty of their dreams."

As mentioned last week, our minds are – can be – hugely powerful. The ‘placebo effect’ is sometimes as powerful as any chemical intervention. When US army surgeon Henry Beecher ran out of morphine, he told his patients that the saline drip he had inserted was morphine. They believed him and felt no pain during their operation. The power of the brain is, as the Americans would say – awesome . I keep telling myself that I am young. So far, my body believes me.

After over 83 years on this planet, I remain an optimist. I am in fine company. Winston Churchill stated, “I am an optimist. It does not seem too much use being anything else.”

If the world is like a chessboard, of course there are black squares but I have been motivated – as Jesus Christ was - to concentrate on the white ones.

To stay in step with reality, I know I have needed a constant *metanoia* – a repentance, a change of opinion - about so much.

When discussing the past, bear in mind that for an increasing number of folks, an increasing section of your life is for them history. World War 2, the Beatles, Landing on the Moon, come to mind.

Life has taught me the accuracy of St Paul's "*Omnia in bonum* (OIB)": all will be well - when in love with God." (Roman 8, 28)

Just three examples:

1. Early one Sunday morning, driving northwards at Hendon, the car in front of me stalled as the lights turned green. I groaned. However, thank God.

As I approached the traffic light at the top of the hill and my lights were green, a car shot across from right to left. Had I not been stalled down below, it would have hit me – on my driving-seat side.

2. A friend was held up by heavy traffic and thus arrived at The Twin Towers AFTER the planes had crashed. Had he been in time, his time would almost certainly have come.
3. Something similar with another friend, this time in Australia. Due to a number of causes, he arrived late to get on the light plane that was due to take him to his up-country destination. Later that day, he learned that it had crashed.

A recent reminder of OIB.

On 20th June, 2022, unable to cross the Heston road due to passing cars, I just missed the 120 bus. Instant "shucks". Then aware of OIB, I quickly calmed.

A couple with their young boy walked up to the bus stop. After a short pause, the man thanked and praised me for the blue and yellow ribbons pinned to my lapel. "We are from Ukraine." He had been in London for a few years. His wife and child had arrived two days ago. We carried on a staccato conversation - their English was not too good - until the bus came. After we all shook hands, I stayed downstairs . They went up stairs

Had I not missed that bus, I would not have had that conversation - and then on the tube platform not had been able to answer the questions raised by an Irish couple, "How do we get to Paddington?"

So, whenever I am held up, I shrug and stay calm.

To stay young, I am motivated to eschew grumpiness; all too common - down the ages - with the aged.

I quote a few I managed to dig up.

As mentioned last week, there is " We live in a decaying age. Young people no longer respect their parents. They are rude and impatient. They frequently inhabit taverns and have no self-control." Words inscribed on a 6,000-year-old Egyptian tomb.

Then there is, "I see no hope for the future of our people if they are dependent on frivolous youth of today, for certainly all youth are reckless beyond words... When I was young, we were taught to be discreet and respectful of elders, but the present youth are exceedingly disrespectful and impatient of restraint." words ascribed to Hesiod, a Greek poet generally thought to have been active between 750 and 650 BCE, around the same time as Homer.

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When discussing the past, bear in mind that for an increasing number of folks, an increasing section of your life is for them history.

It seemed worth-while to take a short tour around the motives of a few salient Original Testament personalities.

Let's start off with a baddie, Cain. Cain, a farmer, was motivated by rage – the hatred of his brother Abel - after the Lord accepted the offering of his brother, a shepherd, in preference to his own. He murdered Abel and was banished by the Lord from the settled country. (Ge 4, 1-)

Moses is often cited as a biblical example of servant leadership . He wanted to do God's will and that included leading The Chosen People from slavery to freedom in what is now the Holy Land. He was motivated by a deep love for God and others, humility in his approach to God and his own abilities, and an impetus to serve God, and His chosen people.

The greatness of King David was due to a bag of mixed motives his love of God and his inability to curb his lust that made him a murderer of Uriah (2 Sam 11). With all his weaknesses, his commitment to do God's will, his courage, his divine anointing, his leadership skills, his exploits as a warrior, his psalms that re-echoes humanities emotional struggles, made him a great and memorable personality.

Samson motivated by his love for and thus doing God's will as well unable to control his lustful urges.

Delilah convinced him of her love yet all she really wanted was to discover the secret of his massive strength. Samson a man of faith though not a faithful man. Once captured and blinded, he prayed to God, who gave him back his strength, enabling him to bring down the roof of where was, killing more Philistines than he had managed during his earlier life.

Deborah is presented in the rabbinic sources as a very talented woman. She was an upright judge, with the same prophetic ability as Samuel. Torah scholars would come to learn from her. This ability was granted to her as reward for her good deeds, namely, the preparation of wicks for the Tabernacle. She also encouraged her fellow Israelites to regularly attend the synagogue and Tabernacle, and thanks to her beneficial influence on her husband, he merited a portion in the World to Come.

One day Hannah went up to the Tabernacle and prayed with great weeping, desperate to bear a child (I Samuel 1:10), while Eli the High Priest was sitting on a chair near the doorpost. In her prayer, she asked God for a son and in return she vowed to give the son back to God for the service of God.

She promised he would remain a Nazarite all the days of his life. The desperation of Hannah's vow indicates that merely bearing a male child would establish her in the community.

Eli thought she was drunk and questioned her. When she explained herself, he blessed her and sent her home. Hannah conceived and bore a son, and named him Samuel, literally *Heard by God*, "since she had asked the Lord for him" (1 Samuel 1:20 NAB). She raised him until he was weaned and brought him to the temple along with a sacrifice.

The story of Esther in the Bible reminds us to pray and wait for God to work. Motivated by desire to save her people, her tribe. Obedient: one of the main characteristics of Esther in the Bible is her readiness to do whatever God asked her.

Selfless: it's not every day that someone is willing to die so that others could be saved (Esther 4:16).

Not only does Miriam's story encourage us to continually trust in God, but it also shows us how we should respond to God's work in our lives. Just as Miriam led the Israelite women in praise, worshipping God for His deliverance after He parted the Red Sea, we are also called to offer praise and thanksgiving to Him.

Jesus and Joseph of Nazareth dedicated his entire life to pleasing God. In John 5:30, Jesus says, "I seek not to please myself but him who sent me". What was Jesus' motivation for his ministry? It was to please God the Father.

Jesus was a master of motivation, and examining his techniques and choices can be instructive as you seek to develop your own leadership style and successfully motivate others.

Here are four things Jesus did to achieve success as a master motivator:

1. He chose carefully.

The first step to success when motivating others is...not always trying to motivate others.

Jesus didn't try to motivate everyone he encountered. He didn't hesitate to engage everyone he came across, and provide clear options and new perspectives for people to consider, but in some cases (the Pharisees, the rich man and other sceptics and political forces), he knew that they were not ready to change at the time he encountered them.

Remember, Jesus didn't make everyone a disciple. He wanted everyone to be a follower, but even that was not his expectation. Rather, he carefully chose twelve men who were ready to hear his message, respond to his call, and engage in action that would lead to their apostolic callings being fulfilled.

2. He engaged personally.

Jesus didn't deliver 'soap-box speeches. He didn't 'speak to the PowerPoint slides. And he certainly didn't blanket the marketplace with mailers. Of course, Jesus didn't have access to computer software or direct mail, but even if he had, it seems pretty likely that he would not have used them. To Jesus, mentorship and motivation is a one-on-one activity.

Each person Jesus encountered received a message tailored to them, which meant that he keyed into the personal challenges, hopes, dreams and opportunities (the motivators) unique to each individual. This was certainly true with his disciples, considering that he approached each on the basis of his specific personality traits and personal experiences.

3. He challenged deeply.

So much of modern business communication and ‘motivational speaking’ boils down to generic exhortations and superficial promises of future success. He didn’t mount posters with pictures of ocean waves and exhort his followers to ‘surf the wave of success’. Instead, Jesus took his disciples out on a real body of water, one with a long history of violent and stormy weather, and actually commanded them to overcome their fears by walking on the water. Peter was so deathly afraid of taking the risk that he initially refused, then eventually followed Jesus and experienced the achievement of overcoming his fears in the most visceral and personal way possible.

4. He was committed sacrificially.

Jesus recognized the essential place of sacrifice as a core component of leadership, in both a profoundly divine and also a completely human way. Motivation, like all traits of true leadership, begins by example. You can’t motivate others effectively by telling them to do one thing while you do another, especially if your goal is to motivate them to take risks or accept sacrifices.

Of course, Jesus made the ultimate sacrifice – giving up his life so that others might live the best possible lives across their PIES. But even prior to Good Friday, Jesus made innumerable sacrifices of his time and energy in order to serve others. This servant heart and total dedication was at the core of his success as one who helps others discover what motivates them to believe, and to act.

These four traits are essential to successful leadership, and as you pursue your journey of guiding and motivating others, looking toward the example of Jesus will give you clear picture of the strategies, priorities and personal traits you will adapt in the pursuit of servant leadership success.

Though St Paul saw life as a war (2 Corinthians 10:3–5) I see it more like a pilgrimage and a sport. To arrive at my destination – and win the game – I use Churchill’s strategy which helped the goodies win the second world war in Europe. Though Churchill hated Stalin, he hated Hitler even more and was prepared to link up with the lesser of the two evils. So, in my life, I use my vices to fight among themselves. Vanity fight gluttony and pride fights the others. My motivation is to look after the PIES the physical, intellectual, emotional and spiritual components of my life so as to be able to serve God for as long as possible, staying young to an old age.

To help you think about your own motivations I thought I would look at the motives of people through the ages.

The story of Mary and Martha reveals such a beautiful picture of what it would have looked like to be a passionate - motivated - follower of Jesus back in Biblical times.

The Gospel of John reveals how close a friendship Jesus had with Mary, Martha, and their brother Lazarus. The story of Mary and Martha, and Lazarus does indeed show us that they had a glorious friendship with Jesus!

We will be discussing the familiar dialogue that Martha had with Jesus when she asked Jesus to tell Mary to get up and help her serve instead of sitting at Jesus’ feet hanging on to every single word that He spoke.

Take note that scripture states that Mary was sitting at Jesus' feet. This is the posture usually taken by men that wished to learn from the Rabbi.

It was the culture at this time for the men to sit at the feet of the Rabbi to learn and it was unusual for a woman to be invited to do that too.

1. Go straight to Jesus with your problem.

When Martha demanded that Jesus tell her sister to come and help her, He said,

“Martha, Martha, you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken from her.”

I wonder if Martha was embarrassed by what Jesus said to her? Did she realize that she was missing out by being too busy serving instead of using that time to sit and listen to Jesus?

I wonder if you and I sometimes get our priorities wrong and get too busy serving when we need to sit still in God's presence and be instructed by Him?

2. Come boldly and confidently in the Lord's presence.

Did you notice that Martha was very comfortable confronting Jesus with her problem?

Martha is so comfortable and confident in Jesus' presence that she can say to Him exactly how she feels and doesn't have to hide her frustration.

We need to learn from Martha. We can cultivate a relationship with Jesus that is so solid and intimate that we can boldly come into the throne of grace of God's presence anytime and all the time without fear and wanting to hide from Him.

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”(Hebrews 4:16).

3. Seek God's peace.

Martha learns that very important 'one thing' that Jesus wants for all of us. Jesus teaches Martha that the most important thing in life is to seek His presence.

We need to have a close and intimate relationship with Him.

When we get that 'one thing' right then everything else will fall into place.

When we seek God first we gain God's grace and wisdom for the task before us. And most importantly we will have God's peace in the middle of whatever busy season that we are in.

“And God is able to make all grace abound to you so that having all sufficiency in all things at all times, you may abound in every good work”. (2 Corinthians 9:8.)

4. Activate your faith muscle just like Martha

In another portion of scripture, after Lazarus dies, we see Martha express an extraordinary amount of faith in Jesus as the Son of God.

In Luke chapter 11 we read about Mary and Martha sending urgent word to Jesus that Lazarus was very sick. Jesus delayed coming to see them and Lazarus died.

“Then Jesus told them plainly, “Lazarus has died, and for your sake, I am glad that I was not there, so that you may believe. But let us go to him.” (John 11:14-15.)

Jesus had a plan – a good plan. It was an unexpected plan that caused much delight and much controversy all at the same time!

The religious leaders were not happy that Jesus was gaining so much attention and they did not recognize Him as the Son of God.

Let’s read how the drama unfolds:

“Now when Jesus came, he found that Lazarus had already been in the tomb for four days. Bethany was near Jerusalem, about two miles off, and many of the Jews had come to Martha and Mary to console them concerning their brother.

So, when Martha heard that Jesus was coming, she went and met him, but Mary remained seated in the house.

Martha said to Jesus, “Lord if you had been here, my brother would not have died. But even now I know that whatever you ask from God, God will give you.” Jesus said to her, “Your brother will rise again.” Martha said to him, “I know that he will rise again in the resurrection on the last day.”

Jesus said to her, “I am the resurrection and the life. Whoever believes in me, though he dies, yet shall he live, and everyone who lives and believes in me shall never die.

Do you believe this?” She said to him, “Yes, Lord; I believe that you are the Christ, the Son of God, who is coming into the world.” (John 11:17-27.)

We see Martha running to meet Jesus as soon as she heard that He was near.

Maybe she was complaining a little bit that Jesus had not come straight away (verse 21) but look at what she said in verse 22, “But even now I know that whatever you ask from God, God will give you.”

Martha’s faith is shining for all of us to see.

Moving on to the third century after the first Pentecost.

Constantine ruled the Roman Empire as sole emperor for much of his reign. Some scholars allege that his main objective was to gain unanimous approval and submission to his authority from all classes, and therefore he chose Christianity to conduct his political

propaganda, believing that it was the most appropriate religion that could fit with the imperial cult. Whatever his motives, under Constantine, Christianity expanded throughout the empire. Whether Constantine sincerely converted to Christianity or remained loyal to paganism is a matter of debate among historians.

His formal conversion in 312 is almost universally acknowledged among historians, despite that, it was claimed he was baptized only on his deathbed – so all his sins would be forgiven. And he would go straight into heaven.

The First Council of Nicaea, the first general council in the history of the Church, was convened by the Roman Emperor Constantine the Great upon the recommendations of a synod led by Bishop Hosius of Corduba in the Eastertide of 325, or rather convened by Hosius and supported by Constantine, who wanted agreement on the orthodox faith of Christianity. This synod had been charged with investigation of the trouble brought about by the Arian controversy in the Greek-speaking east. To most bishops, the teachings of Arius were heretical and dangerous to the salvation of souls. In the summer of 325, the bishops of all provinces were summoned to Nicaea, a place reasonably accessible to many delegates. According to Warren H. Carroll, in the Council of Nicaea, "the Church had taken her first great step to define revealed doctrine more precisely in response to a challenge from a heretical theology."

In 378 Emperor Valens was killed and the Roman Legions were decimated by the Goths at the Battle of Adrianople. The new emperor Theodosius needed an army. So, he passed the Edict of Thessalonika which gave him the power to confiscate precious metals and stones from pagan temples and heterodox churches. Temples like the Pantheon and Parthenon were stripped and converted to churches. The Vestal Virgins who kept financial documents were disbanded. Egyptian priests were disbanded and they stopped writing hieroglyphs. The Temple of Juno Moneta which was the mint where pagan bigwigs kept their money was also emptied. The Olympic Games were discontinued and the temples were also stripped. In 380 CE, Theodosius issued the Edict of Thessalonika which made Christianity the roman empire's official religion. History experts seem to agree that Theodotius had mixed motives. Cultural unity of the empire and increased wealth in the imperial coffers.

Augustine – he eventually of Canterbury - spent most of his life as a churchman in Italy. He was a monk, probably at the church of St Andrew on the Coelian Hill in Rome. In the late 590s, he was sent by Pope Gregory the Great (590–604) to the Anglo-Saxon kingdom of Kent. Gregory wanted to convert the pagan Anglo-Saxons to Christianity, Pope Gregory also selected the other 39 monks who were to accompany Augustine on his mission including Laurence of Canterbury who would become Augustine's successor to the archbishopric of Canterbury. In addition, the pope guaranteed support from Frankish royalty who provided interpreters and priests for the mission.

This was a shrewd move as King Ethelbert was likely to be more receptive to receiving the missionaries when they included Franks from his wife's kingdom.

Subsequently, with all the plans and provisions arranged, Pope Gregory's mission proceeded and Augustine, with forty companions, left Rome for the Kingdom of Kent.

Initially, the journey did not get off to the best start as not long after leaving, doubts began to creep in and the missionaries requested permission to return. After allaying their fears, Pope

Gregory gave the group the confidence and reassurance they needed to resume their trip. Augustine was motivated by his obedience to the Pope.

Remember how Saul became Paul and, motivated by his love of Jesus Christ, poured all his energy and time into spreading the Gospel.

Remember how Augustine, at about the age of 17 began a relationship with a young woman in Carthage. Though his mother wanted him to marry a person of his class, the woman remained his lover. He was warned by his mother to avoid fornication (sex outside marriage), but Augustine persisted in the relationship for over fifteen years, and the woman gave birth to his son Adeodatus (372–388), which means "Gift from God". In 385, Augustine ended his relationship with his lover in order to prepare to marry a teenaged heiress. By the time he was able to marry her, however, he had decided to become a Christian priest and the marriage did not happen. He became a theologian and bishop of Hippo and eventually a saint.

St. Olga of Kiev. Before her conversion, had been an extremely cruel pagan. To take revenge on the Drevlians who had murdered her husband Igor, Olga who had assumed the throne because her three-year-old son Sviatoslav was too young to rule, had Drevlian ambassadors buried alive and it is written that Olga bent down to watch them as they were buried. The next lot were burned alive and finally, having got more of that tribe drunk at a feast, had some 5,000 of that tribe slain.

In the 950s, Olga travelled to Constantinople, and was converted to Christianity.

On her return home, despite the resistance of her people to Christianity, Olga built churches in Kiev, Pskov, and elsewhere. According to the *Primary Chronicle*,

she died from illness in 969. Her son wept for her with great mourning, as did likewise her grandsons and all the people. They thus carried her out, and buried her in her tomb. Olga had given command not to hold a funeral feast for her, for she had a priest who performed the last rites over the sainted Princess. Although he disapproved of his mother's Christian tradition, Sviatoslav heeded Olga's request that her priest, Gregory, conduct a Christian funeral without the ritual pagan burial feast

The *Primary Chronicle* highlights Olga's holiness in contrast to the pagans around her during her life as well as the significance of her decision to convert to Christianity.

St Vladimir – who died in 1015 - is the patron saint of Russian Catholics, and the grandson of St. Olga. When civil war broke out between his half-brothers, Vladimir was forced to flee to Scandinavia; but he did not stay long. He put together an army and returned to Kiev to capture and murder his own half-brother to regain power. His mission was successful, and after defeating his brother, Vladimir became the ruler of Novgorod. He went on to consolidate the Kievan realm from modern-day Belarus, Russia and Ukraine to the Baltic Sea -and bring as much of it as he could manage into Christianity. From being a killer motivated by hatred and revenge , he fell in love with Jesus Christ and became a saint.

Thomas More and John Fisher acted as they did, motivated by their love of God and commitment to their Roman Catholic Church. Thomas More's final statement put it in a nutshell. He was, "the king's good servant, but God's first." He, like Fisher, refused to sacrifice his principles even for the king.

Saint John XXIII had realised that the Church needed to be modernized after 20 centuries of life. This refreshing of the Church's traditions, commonly referred to as *aggiornamento* ("bringing up to date" in Italian) was his motive to convene Vatican II to help apply the truths of Christ to modern-day life. The 20th century had brought a new – and accelerating -way of life to most of the world's citizens.

The Crusades were a series of religious and political wars fought between 1096 and 1291 for control of the Holy Land. Pope Urban II initiated the First Crusade (1096–1102) in order to aid the Christian Byzantine Empire, which was under attack by Muslim Seljuk Turks. As a result of this crusade, Europeans captured Jerusalem in 1099. Muslims quickly unified against the Christian invading and occupying force and the two groups battled in subsequent wars for control of the Holy Land. By 1291 the Muslims firmly controlled Jerusalem and the coastal areas, which remained in Islamic hands until the twentieth century.

The crusading movement involved men and women from every country in Europe and touched upon almost every aspect of daily life, from the Church and religious thought, to politics and economics.

Those who "took up the cross" were recipients of both *spiritual* and *earthly* rewards. The spiritual reward was the indulgence, or the forgiveness, of sins. The earthly rewards included plunder from conquest, forgiveness of debts, and freedom from taxes, as well as fame and political power.

Crusaders did not only fight for control of the Holy Land; they also worked to secure the Church's power in Europe. Like the wars against the Muslims, these conflicts were promoted by various popes in Christ's name and led by crusaders who took vows and received special privileges and indulgences.

On UK coins you will find *Fid Def - Fidei Defensor*. Cardinal Wolsey explains, the title was a reward for Henry VIII from the Pope for writing his pamphlet *Assertio septem sacramentorum adversus Martinum Lutherum* ("Declaration of the Seven Sacraments Against Martin Luther"), defending the Catholic Church against the works of Martin Luther.

The Reformation came about when Henry VIII was motivated by his wish – his need, even, to get a son - to divorce his first wife, Catherine of Aragon, who had failed to give him a male heir. When the Pope refused to grant the divorce, Henry set up the Church of England in which he could obtain his divorce – and by pillaging the monasteries, make himself and his cronies rich. Nevertheless, he still kept – and was obviously proud of – the title 'Defender of the faith'.

It was obedience to my superiors that motivated me to teach RE at the cardinal Vaughan School in west London – and be appointed School Chaplain. I was rewarded with almost twelve years of fulfilling fun as head of RE and School Chaplain. A great education that has served me well since I left The Vaughan and became Sub-Administrator at The Westminster Cathedral in January 1985.

Obedience turned out to be deeply Ubuntu; great for the school with its pupils, staff and parents – and for me. I loved teaching. The boys - and staff , as well as some parents - loved me.

My hatred of bullying and love of the bullies inspired me to educate them to become decent by shaking their hands firmly. As their knees started to buckle, they agreed to my suggestion they would never bully again. My years of rowing at imperial college and many years of DIY had enabled me to acquire a strong handshake.

No one changes the world who isn't obsessed." Stated Billie Jean King, an American former world No. 1 tennis player. King won 39 major titles:

"I learned a long time ago that there is something worse than missing the goal, and that's not pulling the trigger." Declared Mia Hamm, an American former professional soccer player, two-time Olympic gold medallist and two-time FIFA Women's World Cup champion.

"Some people want it to happen, some wish it would happen, others make it happen." — Michael Jordan, the official National Basketball Association website states: "By acclamation, Michael Jordan is the greatest basketball player of all time."

What do you - what does your fiancé - really want? What price across the PIES are you ready to pay? Why?

Morning pre-lesson exercises – one mile a day - help retain information far easier. Posture also helps concentration and information retention.

Courage is doing the right thing even when you are Afraid. Duty and love can trump fear. We are like a tea bag. We do not know our strength until we are in hot water.

David Livingstone's fame as an explorer and his obsession with learning the sources of the Nile River was founded on the belief that if he could solve that age-old mystery, his fame would give him the influence to end the East African Arab–Swahili slave trade.

David Stirling, was educated at the Catholic boarding school Ampleforth College, but attended only a year at Trinity College, Cambridge before departing to Paris to become an artist. At 6 feet 6 inches (1.98 m) with an athletic figure, Stirling was training to climb Mount Everest when the Second World War broke out.

Stirling remained convinced that due to the mechanised nature of war, a small team of highly trained soldiers with the advantage of surprise could attack several targets from the desert in a single night.

The unit was given the deliberately misleading name "L Detachment, Special Air Service Brigade" to reinforce Dudley Clarke's deception of a parachute brigade existing in North Africa

Robert Falcon Scott – Scott of the Antarctic was motivated by his desire to be the first to reach the south pole – and make Great Britain even greater in the eyes of the world.

He wrote, "Every day some new fact comes to light - some new obstacle which threatens the gravest obstruction. I suppose this is the reason which makes the game so well worth playing.

I may not have proved a great explorer, but we have done the greatest march ever made and come very near to great success.

I do not think human beings ever came through such a month as we have... We are weak, writing is difficult, but for my own sake I do not regret this journey, which has shown that Englishmen can endure hardships, help one another, and meet death with as great a fortitude as ever in the past.”

To come into our modern times. In preparation for the new F1 season, Mercedes have reverted to black livery, discarding their traditional silver colours.

In 2020 and 2021 Lewis Hamilton had asked for black - to send a message against racism. However, this year the move is a radical bid to improve performance by reducing its weight. Different motives same result.

My motive today, dear listener, is to help you open your heart to God and enjoy life to the full.

Next week – my final talk - will have its theme “Generally, it is better to be together”.