



OBEDIENCE & RESPONSIBILITY

CONVERSATION #3: BUILDING CONSISTENCY

ICEBREAKER: THE FADE

Take a moment to think about something you were once fully committed to, but didn't stick with long-term. Finish this sentence honestly: *"I was really committed to _____ ... until _____."* It could be a workout plan, a class or project, a hobby, waking up early, or trying to eat better. There are no wrong answers - just real ones. Share with your Discipleship Partner(s) when you get weary and fade.

- What usually makes you lose momentum when the excitement wears off - time, fatigue, distractions, or something else?
- When you start slipping, what do you tend to tell yourself that makes quitting feel justified?

STUDY: MIND THE GAP

It's easy to start things with energy and good intentions. New habits feel exciting, fresh goals feel motivating, and commitment comes naturally at the beginning. But over time, that excitement fades. Life gets busy, fatigue sets in, and what once felt easy starts to feel heavy. That pattern shows up in a lot of areas of life - and it shows up in our faith too.

Many of us assume that if our motivation drops or our emotions cool off, something must be wrong. But often, nothing is wrong at all. What we're experiencing is the gap between **motivation** and **maturity**. This is especially true in the Spiritual Child phase. When faith feels energizing, inspiring, or meaningful, engagement comes easily. But when those feelings fade, it's tempting to pull back. Growth doesn't stall because God has stepped away - it stalls because consistency hasn't been learned yet. That's why Scripture speaks so directly to weariness, not just enthusiasm.

READ GALATIANS 6:7-10

- What stands out to you from this passage?
- What does this passage suggest about the connection between what we consistently invest in and what we eventually experience?
- Paul seems to expect that weariness will come. What does he say that helps us keep going when motivation and energy start to run out?

ASSESSMENT: MOTIVATION METER

Most of the things that are genuinely good for us aren't always the things we *feel* like doing. We know exercise matters, but the couch often sounds better. Eating well is healthy, but fast food is easier when we're tired. Going to bed on time, saving money, finishing responsibilities, and having hard conversations - none of these require bad intentions to avoid, just low motivation.

The same pattern shows up in our spiritual lives. There are practices that shape us over time, but our willingness to engage with them often rises and falls with our emotions and energy. With that in mind, we're going to do a personal assessment. This is simply an honest evaluation of your current motivation regarding a few spiritual disciplines. There are no right or wrong scores. The goal isn't to feel guilty; it's to become aware of where consistency might be harder when motivation fades. Use the containers below to gauge your motivation to be consistent with the following spiritual disciplines.



PRAYER



SCRIPTURE



CONFESSION



FASTING



GENEROSITY



SERVING

CONSIDER: WHAT IS CONSISTENCY?

If we want to "not grow weary," then we will need to learn how to develop consistency. As we read these next passages, it's important to reset how we think about consistency. Consistency is not the same as intensity - it isn't about big moments or strong emotions. It isn't about perfection or getting it right every time. And it doesn't require long, emotionally charged experiences. At its core, consistency is simply choosing faithfulness before your feelings catch up. As you listen, hold onto this truth: you don't grow because you feel strong - you grow because you show up.

Luke 16:10 1 Corinthians 15:58 Hebrews 12:11 Psalm 1:1-3 James 1:22 Colossians 3:23

CHALLENGE: DO THE HARD THING

Look back at the discipline where you scored the *lowest* on the Motivation Meter. This week, choose that practice and commit to showing up consistently and faithfully. Keep it simple. Set a specific time, limit it to a few minutes, and do it whether you feel motivated or not.

Here is why this matters: If you only practice what you feel motivated to do, emotions stay in control. But when you choose faithfulness in the low-motivation areas, you begin learning how to keep growing. Consistency doesn't start where you feel strong - it starts where you're tempted to quit.