

Some motivators

Consider some proven motivators that might work in your congregation as you prepare for a lifestyle education emphasis.

Crisis and its cousins

Crises occur throughout life, and they might be compelling reasons for members of your congregation to work together towards lifestyle change. People who are stressed almost to the breaking point, who have come to the end of their ropes, whose addictions are ruining them, whose guilt is overwhelming, who are discontented and empty, and who are restless for reasons they can't name—these people are experiencing the kind of quiet or loud calamities that might tip them towards lifestyle changes. In the musical, what was the real crisis in Dave's life? How do you know?

The example of Christ

For members whose piety is strong but whose lifestyles are disconnected from their faith, the daily life and teachings of Jesus can be a convincing reason to consider amending their lives.

The presence and example of others

People motivate people, and so a congregational lifestyle emphasis can start with the assurance that all around you are mentors, spouses with vision, living legacies, grateful others and inviting relationships—each a means by which lifestyle education might begin. Besides the musical's Lily, who provides Dave with an example for living?

Known capabilities waiting to be realized

Down deep, a lot of your members know that they have the capacity to downshift their lives. Helping them recall those capabilities can sometimes be enough reason for them to begin new behaviors or to cast off old habits.

Moments of change

Sudden “aha's”, spiritual mountaintops, career change, check-in points or even cataclysmic events - all can grip a person in the notion, “Now's the time to stop doing all

**THE RACE: A Simplicity Musical
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that, and start doing this.” Sometimes these moments are as quiet as a sudden catch of breath or turned head. In the musical, what moments of change come upon Dave? His daughter? His son?

However you name them, motivating factors are available all around you, ready for your use to good affect. A good place to start: Ask yourself and a few others your reasons for moving towards simpler living.