The Law of Consistency presented by: The Ministry of YOU 8/12/24

We have been incorporating John Maxwell’s book, “The 15 Invaluable Laws of Growth,” into our study on personal growth. We are now going to meditate on law number five, the Law of Consistency. According to John Maxwell, this law embodies, motivation gets you going, discipline keeps you growing. He includes a quote in this chapter by Jim Tressel, a college football coach and university administrator. “The hallmark of excellence, the test of greatness, is consistency.”

I believe this is one of the most important and fundamental laws of growth. The Lord Jesus Christ addressed the issue of being consistent or persistent in a parable. However, we see this law being addressed throughout the Word of God due to its significance to our lives. Let’s look at the word “consistent” and how it is defined. According to the Merriam Webster Dictionary it is defined as; marked by harmony, regularity, or steady continuity: free from variation or contradiction. In addition, showing steady conformity to character, or belief.

Now, let’s look at the parable that Jesus gives about the importance of being consistent or persistent. AMPC Luke 18:1-8; Also (Jesus) told them a parable to the effect that they ought always to pray and not to turn coward (faint, lose heart, and give up). He said, in a certain city there was a judge who neither reverenced and feared God nor respected or considered man. And there was a widow in that city who kept coming to him and saying, protect and defend and give me justice against my adversary. And for a time he would not; but later he said to himself, though I have neither reverence or fear for God nor respect or consideration for man, yet because this widow continues to bother me, I will defend and protect and avenge her, lest she give me intolerable annoyance and wear me out by her continual coming or at last she come and rail on me or assault me or strangle me. Then the Lord said, listen to what the unjust judge says!

And will not (our just) God defend and protect and avenge His elect (His chosen ones), who cry to Him day and night? Will He defer them, and delay help on their behalf? I tell you; He will defend and protect and avenge them speedily. However, when the Son of Man comes, will He find (persistence in) faith on earth?

Our Lord in this parable wants us to understand that we must be willing to be consistent! John Maxwell talks about an epiphany he had. “My goal was to inspire people so much that they’d be ready to charge hell with a water pistol. When I was done, I’d Walk away thinking I’d done a good job. But often whatever motivation people received didn’t seem to last very long.” Then he realized, motivation gets you going, but discipline keeps you growing. That’s the Law of Consistency. He says, “It doesn’t matter how talented you are. It doesn't matter how many opportunities you receive. If you want to grow, consistency is the key.

There’s a very good biblical example of consistency and persistence in the Word of God. The woman who had the issue of blood. AMPC Mark 5:25-34; And there was a woman who had a flow of blood for twelve years, and who had endured (to undergo without giving in) much suffering under (the hands of) many physicians and had spent all that she had and was no better but instead grew worse. She had heard the reports concerning Jesus, and she came up behind Him in the throng and touched His garment, for she kept saying (consistent and persistent), if I only touch His garments, I shall be restored to health. And immediately her flow of blood dried up at the source, and (suddenly) she felt in her body that she was healed of her distressing ailment. And Jesus, recognizing in Himself that the power proceeding from Him had gone forth, turned around immediately in the crowd and said, who touched Me?

And the disciples kept saying to Him, You see the crowd pressing hard around You from all sides, and You ask, Who touched Me? (this touch was different from any other touch because it was an intentional and persistent touch). Still, He kept looking around to see her who had done it. But the woman, knowing what had been done for her, though alarmed and frightened and trembling, fell down before Him and told Him the whole truth.

And He said to her, daughter, your faith (persistence in faith), (your trust and confidence in Me, springing from faith in God) has restored you to health. Go in peace (into) peace and be continually healed and freed from your (distressingly bodily) disease.

What do we learn from this woman who received a manifestation of the Power of God? She was motivated to receive her healing. Afterall, she had been in this condition for twelve years. However, motivation alone was not enough for her to receive her healing. We can see from these verses of Scripture that she consistently spoke forth her promise of healing. For she kept saying, “If only I touch His garments, I shall be restored to health.” Her motivation (faith) along with her persistence to be healed drove her into the streets where the Power of God was located!

John Maxwell gives us some tips on how to grow in our consistency. He makes a powerful statement. “If you want to become more disciplined and consistent in your performance, you need to become more disciplined and consistent in your growth.” The woman who had the issue of blood had become disciplined and consistent as she endured this ailment. She exhausted every avenue, and she didn’t give up. Then she heard about Jesus. She heard the reports concerning Jesus. She had already experienced personal growth before she left her house to receive the manifestation of God’s Power. That’s why she was able to leave her house to receive her healing. If she hadn’t grown during that time, she would have never left her house because fear would have kept her inside. Afterall, she could have been stoned to death for leaving her house in that condition.

The first tip he gives is that we need to know what we need to improve. He states, “You must develop yourself to be successful.” He goes on to say, “All the time I see people with purpose who are inconsistent in their progress. They have ambition to succeed, and they show aptitude for their job, yet they do not move forward. Why? Because they think they can master their job and don’t need to master themselves.” This is an unfortunate mistake because our future success is dependent on our personal growth. If we are willing to work on ourselves consistently every day, we will be guaranteed a future filled with possibilities.

John said, when he chose to focus on his personal growth and not just the ability to do his job, he went from taking care of people to leading people. He went from speaking to audiences to writing books. His influence changed from local to national to international. He quotes E.M. Gray, “The successful person has the habit of doing the things that failures don’t like to do. The successful person doesn’t like doing them either, but his dislike is subordinate to the strength of his purpose.” John goes on to say that “The more tuned in you are to your purpose, and the more dedicated you are to growing toward it, the better your chances of reaching your potential, expanding your possibilities, and doing something significant.

The second tip is you need to know how you are supposed to improve. John says how to improve is one of the main reasons he started to work hard at changing from being a motivational speaker to becoming a motivational teacher. He states, “I didn’t want people to walk away from one of my teaching sessions inspired but uncertain how to proceed. To grow, most people need knowledge, experience, and coaching.” He gives some simple suggestions on how to improve yourself.

1. Match your motivation to your personality type: not everyone gets motivated the same way or is motivated by the same things. He suggests doing a personality profile. He suggests the classic personality types that has been taught by Florence Littauer. The first type of person is phlegmatic: the strength of people with this personality is that they are easygoing and likeable. Their weakness is inertia (lack of motivation). However, if the phlegmatic can find the value in what they need to do, they can be one of the most tenacious of all personality types. Next are the cholerics: the strength of people with this personality type is that they take charge easily and make decisions quickly. Their weakness is that if they are not “in charge,” they refuse to participate. The choleric will find internal motivation by focusing on the choices they make. Every person is in charge of his own growth. Choose how you will grow and stick with it. The sanguine: is the most fun-loving of all the personality types. They are often the life of the party. Their weakness is often lack of focus. The sanguine motivation for growth will come by making growth fun. For instance, giving themselves rewards for incremental growth successes. The final personality type is melancholic: these are life’s perfectionists. Attention to detail is their strength. However, because they desire to do everything perfectly, they are afraid of making mistakes. How do the melancholic motivate themselves beyond the fear of making mistakes? By focusing on the joy of learning details and the potential for developing a level of mastery over their subject matter.

According to John, every personality type has strengths as we can all see. We just need to tap into our personality strengths to set ourselves up for success when it comes to motivation. John cautions us to start with simple things, not attempting too much at one time. The result will be discouragement. When we attempt too much too soon, we are almost guaranteed to fall short of our desired results. If you want to gain momentum and improve your motivation, begin by setting goals that are worthwhile but highly achievable. Master the basics. Then practice them every day without fail. In addition, we must be patient with ourselves and the process of growth. However, we must value the process. As learners, we cultivate the ability to value and enjoy the process of growth. It’s a process, so we might as well learn to enjoy the process.

The third tip, know why you want to keep improving: the why is what keeps you motivated long after that first rush of energy and enthusiasm wears off. Having a strong “why” will help you keep going when the discipline of learning becomes difficult, discouraging, or tedious. If your growth is connected to your dreams and purpose, you’ll know why you’re doing it. And you will be more likely to follow through. This is why the Word of God says in Habakkuk to write the vision down. AMPC Habakkuk 2:2; Write the vision and engrave it plainly upon tablets that everyone who passes may (be able to) read (it easily and quickly) as he hastens by.

The fourth tip is know when you are supposed to improve: the answer is obvious: right now! So, if you haven’t got started, get started today! More importantly, you need today to be every day. You will never change your life until you change something you do daily. That means developing great habits. Discipline is the bridge between goals and accomplishments, and that bridge must be crossed every day. Over time that daily crossing becomes a habit. Ultimately, people do not decide their future; they decide their habits and their habits decide their future.

What are you doing daily that needs to change? What needs doing? Maybe more important, what needs undoing? Advice columnist Abigail Van Buren quipped, “A bad habit never goes away by itself. It’s always an undo-it-yourself project.” What are you willing to change doing today in order to change what you will be doing tomorrow?