Enthusiasm: A Spiritual Reinforcement

“Rejoice in the Lord always. Again I will say, rejoice!”
Philippians 4:4
As parents, we should set aside time to teach our children character traits that will make them outstanding, admired citizens. Every day is filled with opportunities for helping them learn about the character traits we value and want to encourage.

**Children who demonstrate Enthusiasm**

**show:**

...eagerness
...keenness
...passion
...zeal
...dedication
...devotion

Enthusiasm is expressing with my spirit the joy of my soul. The opposite of enthusiasm is apathy, indifference, unconcern, disregard, or ignore.

**How to Demonstrate Enthusiasm**

**at Home**
- Showing excitement about lessons learned through life struggles.
- Completing chores in good time with a positive attitude motivated by a love for making things clean and shiny.
- Tackling work with a vision of how it will benefit others.
- Showing genuine interest in the games and activities that other family members enjoy.
- Fathers showing excitement about doing things together as a family.

**at Work/School**
- Participate in class by asking and answering questions.
- Show your enthusiasm for learning by writing a note expressing gratefulness to your teachers.

**at Church**
- Greet others with a cheerful smile.
- Get involved in the ministry of your local church.
- Purpose not to complain or talk critically of others.

**Bible Stories Related to Enthusiasm**
- The story of Nehemiah who enthusiastically rebuilt the walls of Jerusalem.
- The story of Caleb in Joshua 14, who at 85 years of age fought with giants.
- **Zaccheus.** Jesus was passing through Jericho and Zaccheus “ran” to see Jesus (Lk. 19:4). Zaccheus’s running showed his enthusiasm. Zaccheus overcame the many obstacles before him with his enthusiasm. Nothing was going to stop Zaccheus from seeing Jesus. Will you too run to the Lord?
• **Paul.** Following his baptism “immediately he preached the Christ in the synagogues, that He is the Son of God” (Acts 9:20). Many folks delay serving the Lord showing their lack of enthusiasm. How about you? Show your enthusiasm for the Lord by immediately obeying Him!

• **The Apostles.** After being beaten and threatened the Apostles “departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for His name. And daily in the temple, and in every house, they did not cease teaching and preaching Jesus as the Christ” (Acts 5:41-42). Their continuation in preaching the Gospel despite persecution indicates their enthusiasm for the Lord. How many have let their enthusiasm die in midst of persecution?

**Character Definitions of Enthusiasm**

• Learning what actions and attitudes please God and becoming excited about doing them.
• Learning how to motivate others by a spirit of praise and joy.
• Seeing value in situations that would normally discourage others.
• Learning the difference between emotional excitement and a spirit of enthusiasm.
• Expressing joy in each task as I give it my best effort.

**The “I Wills” of Enthusiasm**

• **I will be an energy-giver.**
  
  Everyone loves and respects an energy-giver. These are the people who never need to be reminded of their work. They volunteer to do task others would resist. Energy givers maintain a good attitude while they work. A giver of energy gives energy. Energy-takers and energy-wasters, on the other hand, are the ones who float through life without contributing much to anyone’s goals but their own. Ask daily, “Am I giving or taking energy?”
  
  • **I will smile.**
  
  The most attractive thing you can wear is a smile! A smile is contagious. A smile comes natural when you see another person smiling. Smiling improves health. Experiments were made with actors. They were told to use expressions unrelated to the way they were feeling. During these test, their heart rates rose and fell according to their expressions. A smile does more than improve health and make your face attractive. A smile brings beauty from the inside out.
  
  • **I will treat every job as important.**
  
  If you enjoy a job, enthusiasm comes naturally. It is difficult to be enthusiastic if you do not feel enthusiastic. Practicing enthusiasm will give new perspective to menial tasks. Everything we do has an end result. Keeping the end result in view will build enthusiasm for those difficult tasks.
  
  • **I will put my whole heart into what I do.**
  
  Successful lives require effort. Success requires going the “second mile.” Extra investment pays off in the long run. Giving half our best yields half the results. The Lord is our example. He went the extra mile for us.
• **I will not be discouraged by failure.**
It’s easy to become discouraged when met with discouragement. Enthusiasm is seeing beyond the failure to the lessons and benefits of the failure.

**Three Types of People**
As we rejoice in the Lord and seek not to quench the Spirit we will be enthusiastic. What exactly does it mean to be enthusiastic? There are three types of people in the world, energy-givers, energy-wasters, and energy-takers. God not only loves cheerful "givers" of our finances but also our energy.

**Energy-Giver**
- Helps others
- Says kind words
- Smiles
- Shares with others
- Stands for what is right
- Tells the truth, even when difficult

**Energy-Waster**
- Helps if convenient
- Says nothing
- Does not smile
- Keeps things for self
- Stands for nothing
- Tells the truth most of the time

**Energy-Taker**
- Helps self
- Says unkind words
- Frowns
- Takes from others
- Stands for wrong
- Lies when it is convenient

Enthusiasm is being an "Energy-Giver" in every area of life.
OVERVIEW: Enthusiasm is essential for success. Whatever the task, no matter how big or small, it will always turn out better if you put your whole heart into it! Another great thing about enthusiasm is—it's contagious! Your “spark” of energy and excitement can ignite others to live their lives with enthusiasm.

Enthusiasm
Definition: Putting my whole heart into what I do

I WILL...
- Be an “energy-giver.”
- Smile.
- Encourage others.
- Treat every job as important.
- Not be discouraged by failure.

Humpback whales can be 50 feet long and weigh 50 tons. They can’t help but do things in a big way!

CHARACTER QUIZ:
1. Why should you put your whole heart into what you do? ____________________________________________

2. An enthusiastic person… a. frowns a lot. b. nags and complains. c. gladly helps others. d. tries half-heartedly.


4. An enthusiastic person is always loud and energetic: TRUE? or FALSE?

5. How does the humpback whale show enthusiasm? ____________________________________________

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“It's important to memorize Scripture in order to stand strong during life's difficult circumstances. When you have Bible verses inscribed in your mind, you're carrying a concealed weapon. You're wielding the sword of the Spirit.” (Dr. David Jeremiah) With your family, meditate on these passages about **Enthusiasm** during the month of **May**, and begin laying up His words in your heart.

- Deuteronomy 6:5 And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might.

- Psalms 71:15 My mouth shall shew forth thy righteousness and thy salvation all the day; for I know not the numbers thereof.

- Proverbs 3:5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.

- Ecclesiastes 9:10 Whatsoever thy hand findeth to do, do it with thy might;

- Luke 10:27 And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself.

- Romans 12:11 Not slothful in business; fervent in spirit; serving the Lord;

- 1 Corinthians 9:24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

- Colossians 3:23 And whatsoever ye do, do it heartily, as to the Lord, and not unto men;

- 2 Timothy 2:15 Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.

- Galatians 4:18 But it is good always to be eagerly sought in a commendable manner, and not only when I am present with you.

- Romans 12:1 Therefore, I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.