

# Willpower – Why We Need It

Willpower is one of the most valuable character traits a Christian can possess.

Today's overweight person has available to them every conceivable aid that science can muster to help them lose weight.

Calorie counters, charts, scales, pills and high-priced gyms and exercise equipment are offered.

But the one thing such people need more than anything else is willpower, that has stood in the way of more than one would-be dieter.

## **The lack of willpower has stopped us from accomplishing many things we wish for in our lives**

More important is a lack of willpower can stand in front of us and block our access to the eternal Kingdom of God.

**Hebrews 2:1-3** [New King James] *“Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him,”*

**The writer of Hebrews realised this weakness of human nature, how a lack of willpower can cause us to neglect the seeking to be part of the wonderful future the Creator God is preparing for all humans who are zealous for His way of life.**

**Matthew 7:21** [New King James] *“Not everyone who says to Me, ‘Lord, Lord,’ shall enter the kingdom of heaven, but he who does the will of My Father in heaven.”*

To do the will of God the Father we need to bend our own willpower to the task.

But do not misunderstand, we cannot make it into God's Kingdom on our own power or by the strength of our own will or works.

**Ephesians 2:8** [New King James] *“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God,”*

**We are saved by God's grace.**

The very character of God as depicted in the “fruits” of the Holy Spirit which we must exhibit in our lives, [**Galatians 5:22-23**] come only from the active presence of the Holy Spirit in our lives.

**But willpower is needed to force ourselves to pray to our Creator God, and study His Words, the Christian Bible, so that we may grow in faith in God [**Hebrews 11:6**] and this comes from the study of His Word, the Christian Bible, [**Romans 10:17**].**

We need willpower to overcome bad habits and keep ourselves in good physical health so that our minds may function effectively as we seek to grow spiritually, [**1 Timothy 4:8**].

## What are the enemies of willpower?

### Bad Habits –

After repeating something for a long time, our “*automatic pilot*” tends to take over. When this happens it can be difficult to return the control of our conscious minds.

### Peer Pressure –

Is another force hammering away at our willpower? It is always hard to buck a crowd that is going the other way to what we know we should be travelling in life.

### Procrastination –

Too often we avoid doing what we know we should by simply delaying our actions “*for just one more day*” or “*we will start tomorrow,*” **the problem is that tomorrow never comes.**

### Laziness –

This attitude of mind affects a lot of people. Laziness is not necessarily the opposite to willpower, that is personal weakness. **Laziness is not necessarily a lack of strength, but it does reflect a lack of ambition.**

### Excuses –

Our excuses for not doing this or that are rarely good.

Even Moses fell prey to this enemy of willpower, see how many excuses he made, all recorded in Exodus chapters three and four.

### Doubt –

More and more people do not take positive action these days because of doubt. They doubt that they have the ability to reach the goal that is set before them.

**Certainly such an attitude denies the Creator God’s desire for us and power He wants to give us.**

**Philippians 1:6** [New King James] “*being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;*”

**If God is confident that we can reach the goal of His Kingdom with His help and a little bit of human willpower, why should we doubt?**

**Job 14:14-15** [New King James] “*If a man dies, shall he live again? All the days of my hard service I will wait, till my change comes. You shall call, and I will answer You; You shall desire the work of Your hands.*”

Job had no doubt that after our life ends that the Creator God will “*desire the work of His hands*” in a resurrection back to this time eternal life.

### Fear –

Fear of the trials in life can simply shred our paper-thin willpower into a heap of confetti.

**This fear is the lack of faith in God’s Word and the promises He has made,** one powerful example of this is found in the inspired writing of the apostle Paul.

**Romans 8:24-35, 38-39** [New King James] *“For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees? But if we hope for what we do not see, we eagerly wait for it with perseverance. Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. And we know that all things work together for good to those who love God, to those who are the called according to His purpose. For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified. What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? Who shall bring a charge against God’s elect? It is God who justifies. Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?” ... “For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”*

**Accepting this promise of the Creator God should free us from fear of failure.**

Willpower does **not** spring up through spontaneous combustion.

It takes hard work, but with the knowledge of how to avoid the enemies of willpower and centring our lives on seeking the Kingdom of God, [Matthew 6:33] we can develop willpower in our lives.

Planting the goal of a place in the Kingdom of God, His created family, deep within our hearts and minds will cause a burning desire that can light a fire of ambition towards that goal and with it the human willpower to attain it.

**Matthew 13:44** [New King James] *“Again, the kingdom of heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field.”*

To seek God’s Kingdom with the zeal and the willpower pictured by this man we must want it above all else.

**If we want to be part of God’s Kingdom, His created family badly enough we will develop the willpower needed.**

**Philippians 2:13** [King James] *“For it is God which worketh in you both to will and to do of his good pleasure.”*

This willpower does **not** come from within ourselves but the result of an active Holy Spirit within us, God within us.

**Luke 11:9-13** [New King James] *“So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? Or if he asks for an egg, will he offer him a scorpion? If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!”*

We have to ask for the indwelling of the Holy Spirit and this will **not** happen if we are not obeying God’s way of life, [Acts 5:23].

**Matthew 11:12** [Amplified Bible] *“From the days of John the Baptist until this present time the Kingdom of God has endured violent assault, and violent men seize it by force, as a precious prize. A share in the heavenly kingdom is sought for with most ardent zeal and intense exertion.”*

Yes we can build willpower if we want God’s Kingdom badly enough, for where there is a burning desire God will, through the Holy Spirit, give us the willpower to back it up.