



# Paul's Bible Notes

## Multiplying Momentum

How to build and sustain momentum

### Outline

We all want to live lives of purpose, but sometimes we feel "stuck." Spiritual momentum—the force and direction of our life in Christ—is key to finishing well. It's not just about a temporary burst; it's about a sustained journey. This study explores three keys to building this: Move, Maximise, and Maintain.

### Key Points & Scriptures

- 2 Timothy 4:5-8: Finishing the race, keeping the faith.
- Psalm 40:2: He lifts us out of the "Mirey Clay"
- Romans 5:8: Christ died for us while we were still sinners.
- Romans 7:15: Paul's struggle with doing what he hates.
- Romans 8:11-13: Life through the Spirit, putting to death the flesh.
- Hebrews 12:1-2: Throwing off sin, running with perseverance.
- Matthew 13: The Parable of the Sower (multiplication).
- Jude 20: Building yourselves up in the faith, praying in the Spirit.
- Ephesians 6:13: After you have done everything, to stand.

### 1. MOVE: How do we start gaining and building momentum?

The first step to gaining momentum is movement. Without velocity, there is no momentum.

- **The Problem: Inertia** The law of inertia states that an object at rest stays at rest. Spiritually, we often feel "stuck." We have good intentions, but our actions don't match (Romans 7:15). This is the "flesh" resisting forward motion.
- **The Solution: The Cross** Inertia can only be overcome by an **outside force**. For us, the Cross was the ultimate outside act. God, independent of us, changed our entire trajectory (Romans 5:8).
- **The Reality: You Already Have It** If you have said "yes" to Jesus, you have been "made alive" (Romans 8:11). You *already have* momentum, even when you don't feel it. Jesus has already lifted you from the mud and set your feet on a rock (Psalm 40:2). Our momentum is proportional to our surrender to Him.

- **The Check-In: Direction Matters** Momentum is a "vector quantity"—it has both size *and* direction. We must ask: Is my life's momentum heading toward God's purposes, or is it (even slowly) heading toward death and loss? (Hebrews 12:1-2)

## 2. MAXIMISE: How do we gather as much momentum as possible?

Once we're moving, how do we build *more* momentum? How do we get spiritually "heavy and fast"?

- **Multiplication** God doesn't just add; He multiplies. From Genesis ("Be fruitful and multiply") to the Parable of the Sower (a crop of 30, 60, 100 times), God's plan is abundance.
- **The Great Multiplier: The Holy Spirit** Spiritual momentum doesn't come from a formula; it comes from a *relationship*. The Holy Spirit is a person, not a force. When we allow Him to work *in* us, He applies the power of the Cross to our lives and brings true multiplication.
- **Avoiding "The Brakes" (Spiritual Friction)** Hitting the brakes wastes momentum. We must identify and remove sources of spiritual friction:
  1. **Sin:** Hebrews 12:1 warns of "the sin that so easily entangles."
  2. **The Wrong Focus:** What we focus on is what we worship. Putting anything ahead of God slows us down.
- **The Accelerators: Word & Prayer** We are told to "build yourselves up in your most holy faith and praying in the Holy Spirit" (Jude 20) and to "devote yourselves to prayer" (Colossians 4:2).

## 3. MAINTAIN: How do we protect and sustain momentum once we have it?

Momentum is useless if it burns out. The goal is to finish the race.

- **The Essentials: Word & Prayer** The same things that build momentum also maintain it. The Word is a "lamp for our feet" (Psalm 119:105), guiding our steps so we don't stumble.
- **The Balance: Rest is Not Stopping** This is the crucial, counter-intuitive part of maintenance:
  1. **Manage Your Margins:** Sabbath and rest are vital. They aren't a loss of momentum; they are essential for long-term endurance.
  2. **It's OK to Stand:** Sometimes, victory isn't about advancing; it's about holding the line. "After you have done everything, to stand" (Ephesians 6:13).
- **The Perspective: An Increasing Baseline** As we grow, our starting point changes. Our "baseline" spiritual life should be further along today than it was last year. We are walking and working in light of eternity.

## Conclusion

God's plan for each of us is that we finish stronger than we started. He wants to constantly build and multiply momentum into our lives. There's nothing I can do about my past. I have to leave that at the cross. But I can choose how I live in the present and I can decide how I'm going to live in the future. I want to live with momentum so that at the end of my time here on earth, I can say, like the Apostle Paul, "I have fought the good fight, I have finished the race, I have kept the faith."

## Life application questions

1. **MOVE:** The sermon identified **inertia** (Romans 7:15) as a force that keeps us "stuck." What is one area in your life (a habit, a relationship, a spiritual discipline) where you feel this resistance right now? What "first move" (like getting in the car) can you make this week to position yourself for God to act?
2. **MAXIMISE:** Hebrews 12:1 tells us to "throw off everything that hinders and the sin that so easily entangles." What is one source of **spiritual friction** in your life that is currently slowing you down? How can you intentionally partner with the Holy Spirit (one of the "multipliers") this week to address it?
3. **MAINTAIN:** The sermon balanced the need for momentum with the need to "manage your margins" (rest) and "stand" (Eph. 6:13). Are you currently in a season of "running," or is this a time to "hold the line"? How can you practically build sustainable rest into your rhythm *before* you burn out, so you can finish the race well?