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**Notes:**

## **Internal Vs External Motivation**

### **Building Obligation**

- I need to even though I don't want to.
- Training and practice are more effective than correction.

Numbers 9:15-23

Exodus 16:4

### **Three Levels of Thinking**

- Level 1 - What I'm doing and what I want
- Level 2 - Responsibility asks different questions
- Level 3 - What is God doing here and how can I fit in?

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## Three Cs

- Cue
- Conscience
- Character

**One idea that stands  
out for me is...**

