

# Momentum

## Exploring the Mission of Jesus

### Momentum Busters

### Momentum Boosters

1. Keep going if you're on track.
2. Plan to search if you're not sure.
3. Talk with a pastor, a group leader or friend and ask for help in your search.
4. Pray, asking God to direct you.
5. Journal your experiences.
6. Read your journal regularly to be reminded of the power of following Jesus.