



FIT IN FAITH

Motivational Media Guide

Voices and videos to inspire your group

Sometimes a short video is the spark a group needs. The speakers below are known for powerful, faith-friendly messages about discipline, hope, and pushing through hard seasons. Search their names on YouTube and preview a clip before you share it, so you can pick the message that fits your group that day.

Speakers Worth Sharing

Les Brown

One of the most beloved motivational speakers of our time, known for messages of resilience and believing in yourself. Search "Les Brown you have greatness within you" or "Les Brown it's possible."

Eric Thomas, the Hip Hop Preacher

A preacher and speaker whose energy and faith connect strongly with many. Search "Eric Thomas how bad do you want it" or "Eric Thomas morning motivation."

Priscilla Shirer

A gifted Bible teacher and speaker whose messages ground encouragement in scripture. Search "Priscilla Shirer encouragement" for short, faith-centered clips.

Sarah Jakes Roberts

A pastor and speaker whose messages on purpose and identity resonate deeply, especially with women. Search "Sarah Jakes Roberts encouragement" or "Sarah Jakes Roberts woman evolve."

Bishop T.D. Jakes

A widely respected preacher known for powerful, uplifting messages on perseverance and destiny. Search "T.D. Jakes motivation" or "T.D. Jakes get back up."

Inky Johnson

A former athlete turned speaker whose story of overcoming adversity with faith is deeply moving. Search "Inky Johnson motivation" or "Inky Johnson perspective."

Sermons and Testimonies From Your Own Community

Do not overlook the voices in your own church. A short testimony from a member about their own health journey can move a group more than anything found online.

How to Use a Video Well

- Keep it short. Two or three minutes is usually enough to set a tone.
- Preview it fully first, to be sure the message and language fit your group.
- Follow it with a question. Ask what stood out, or how it connects to the day's topic.
- Do not let the screen replace the room. The video is a spark, and the real work happens in the conversation and movement that follow.

A Note on Access

All of these are freely available online. If your meeting space does not have a screen or reliable internet, you can read a short quote from a speaker aloud instead, or play audio from a phone. The message matters more than the method.