

WEEK TEN

DISCIPLINE

*Run in such a way
as to get the prize.
-1 Corinthians 9:24*

This week of your study will be devoted to the area of discipline. This is an important part of doing the will of God in the most effective way possible. Disciplined Christian living is...bringing all the areas of our lives under the control of Jesus Christ so that all we do fits together and contributes to our one purpose to bring glory to God.

When you became a Christian it was a decision to be a disciple of Jesus Christ, to put yourself under his discipline.

Day 64-The Spirit of Self-Discipline _____

1. Read 2 Timothy 1:7. What kind of spirit has God given us? What kind of excuses do you sometimes give for being undisciplined? Are they valid?
2. With the promise of this kind of spirit you can believe that you can become a disciplined person no matter where you are right now. Decide that from this time forward that whatever changes need to be made will be made.
3. Turn to 2 Timothy 3:16-17. What part do the Scriptures play in becoming disciplined?
4. How could a failure to be disciplined in your study of the Scriptures affect being under God's discipline or control in other areas?
5. What kind of disciplined study do you want to have after this 13-week study is over?

Day 65-Not "Running Aimlessly" _____

1. Read 1 Corinthians 9:24-26.

2. What are some characteristics of discipline?
3. What is the purpose of discipline?
4. What are some characteristics of being undisciplined?
5. What does it mean to "run aimlessly"?
6. Are there any areas in your life where you may be "running aimlessly"? What would your closet friends say?
7. What steps do you need to take to get going in the right direction?

Day 66 - Guarding Against Excess _____

1. There are any number of things that are not wrong in and of themselves, but to do them in excess without God's control will have a negative effect on your life and outreach. Can you think of some behaviors that done in excess can lead to sin?
2. What example of this does Paul give in 1 Timothy 6:6-10?
3. In the past what have been some things you might have done in excess without proper control or discipline?
4. Are there some things in your life right now that are not wrong but which could be done excessively if you are not careful?
5. Meditate on what your life would look like with the different areas under control. Get the image fixed in your mind. Now pray for God to give you the power to make that a reality. Make sure you really want it before you pray.

Day 67- Mastered by Nothing _____

1. Read 1 Corinthians 6:9-20. As you read keep in mind that, "everything is permissible for me" and "food for the stomach and the stomach for food" were popular proverbs of the loose-living Corinthian culture that these Christians were living in.
2. What is Paul's response to each of the popular proverbs?

3. Why must disciples make the decision to "not be mastered by anything"? What will be the result if we do not?
4. What in your life right now is "mastering you" or threatens to "master you"?
5. Make a time to pray with someone about this, this week.

Day 68-Learning from the Soldier, Athlete & Farmer _____

1. Read 2 Timothy 2:1-7 and look for the three analogies Paul uses to characterize the Christian life.
2. What discipline is involved in being a soldier that we need in Christ?
3. What discipline is involved in being an athlete that we need in Christ?
4. What discipline is involved in being a successful farmer that we need in Christ?
5. As we seek to be disciplined like a soldier, an athlete or a farmer why do we need to keep an eye on v.1 and remember the grace of God?

Day 69 - Spoiling the Fruit _____

1. Read and study Galatians 5:22-23.
2. Consider how the last element mentioned (self-control) relates to the others.
 - a.) Why will a lack of self-control (self-discipline) hinder your ability to *love*?
 - b.) Why will a lack of self-control interfere with *peace*?
 - c.) Why will lack of self-control often frustrate your ability to be *kind, patient and gentle*?
3. Self-control is a part of the fruit of the Spirit, so that means we don't produce it on our own. What attitude must there be in our

lives if God is to produce this in us?

Day 70 - Discipline and Emotions _____

1. Self-discipline not only applies to how we use our time, money and possessions. It applies to how we handle our emotions.
2. List three emotions that need to be controlled and disciplined in your life. Find scriptures that relate to each one.
3. Turn to and read Hebrews 11:8. What emotions could have controlled Abraham in this instance? How does *faith* bring those emotions under control?
4. Consider these same questions as you read Hebrews 11:17-19.
5. Someone has said: "We lose control when we take control. In the same way, we gain control when we give it to *God*." How does this need apply to your life?