

DISCIPLINE A Path to Self-Mastery and Blessings in Life

DISCIPLINE NECESSARY FOR EXCELLENCE

- ❖ To excel in anything in life discipline is required. This is true for athletes, musicians, plumbers, accountants, and disciples of Jesus.
- ❖ Effective discipline is not drudgery, it is delightful!
- ❖ Training has difficult aspects but it pays off to facilitate ease and joy of living. Like a master pianist or dancer.

DISCIPLINE IS A SIGN OF LOVE

- ❖ Discipline is directed by and toward love
- ❖ Someone instructs us in discipline because they love us and want the best for us
- ❖ We discipline ourselves because we have discovered something or someone we love

NEW HABITS OF BEING

- ❖ Through the activities that we engage in to learn discipline we develop new habits of living and acting
- ❖ Need to develop new and healthy habits that will facilitate excellence
- ❖ At first new habits are difficult but soon they become second nature and allow for ease in succeeding

DISCIPLINE AS SELF-MASTERY

- ❖ We can be naturally inclined to selfishness
- ❖ We can be our own worst enemy
- ❖ We need to learn to moderate our desires
- ❖ We need to learn self-control
- ❖ We need at times to deny ourselves a good for a greater good

THE SPIRITUAL DISCIPLINES

- ❖ The spiritual disciplines are those practices found in Scripture and Tradition that promote spiritual growth among believers in the gospel of Jesus Christ.

ACTIVITIES FOR LIFE

- ❖ Spiritual disciplines are activities not attitudes. They are things that you do. They are your practice of necessary skills for living spiritually.
- ❖ The goal of practicing these activities is about being more like Jesus and being with Jesus.
- ❖ Practice of the Spiritual Disciplines results in growth in holiness, goodness and truth

BIBLE WITNESS

- ❖ Deuteronomy 8
 - ❖ “So you must know in your heart that, even as a man disciplines his son, so the Lord, your God, disciplines you. Therefore, keep the commandments of the Lord, your God, by walking in his ways and fearing him.”



BIBLICAL WITNESS



Hebrews 12



“My son, do not disdain the discipline of the Lord or lose heart when reproved by him; for whom the Lord loves, he disciplines; he scourges every son he acknowledges. Endure your trials as “discipline”; God treats you as sons.”



BIBLICAL WITNESS



1 Timothy 4,7



“Train yourself for devotion, for, while physical training is of limited value, devotion is valuable in every respect, since it holds a promise of life both for the present and for the future.”



BIBLICAL WITNESS



Titus 2,11-14



“For the grace of God has appeared, saving all and training us to reject godless ways and worldly desires and to live temperately, justly, and devoutly in this age, as we await the blessed hope, the appearance of the glory of the great God and of our savior Jesus Christ, who gave himself for us to deliver us from all lawlessness and to cleanse for himself a people as his own, eager to do what is good.”



BIBLICAL WITNESS



Ephesians 6,4



“Fathers, do not provoke your children to anger, but bring them up with the training and instruction of the Lord.”



BIBLICAL WITNESS



Proverbs 3,11 - “The discipline of the Lord, my son, disdain not; spurn not his reproof; For whom the Lord loves he reproves, and he chastises the son he favors.”



Proverbs 6,23 - “For the bidding is a lamp, and the teaching a light, and a way to life are the reproofs of discipline.”



SPIRITUAL DISCIPLINES



Prayer

Scripture/Spiritual Reading



Fasting

Service



Almsgiving

Adoration/Worship



Solitude

Spiritual direction/friendship



Silence



Submission



TABLE DISCUSSION QUESTIONS



What has been your experience with discipline in your own life?



In what areas of your life are you most disciplined?



Do you ever talk with your children about personal discipline?



Do you ever discuss with your children about self-mastery?