



# Discipline

THE IMPORTANCE OF INNER STRENGTH

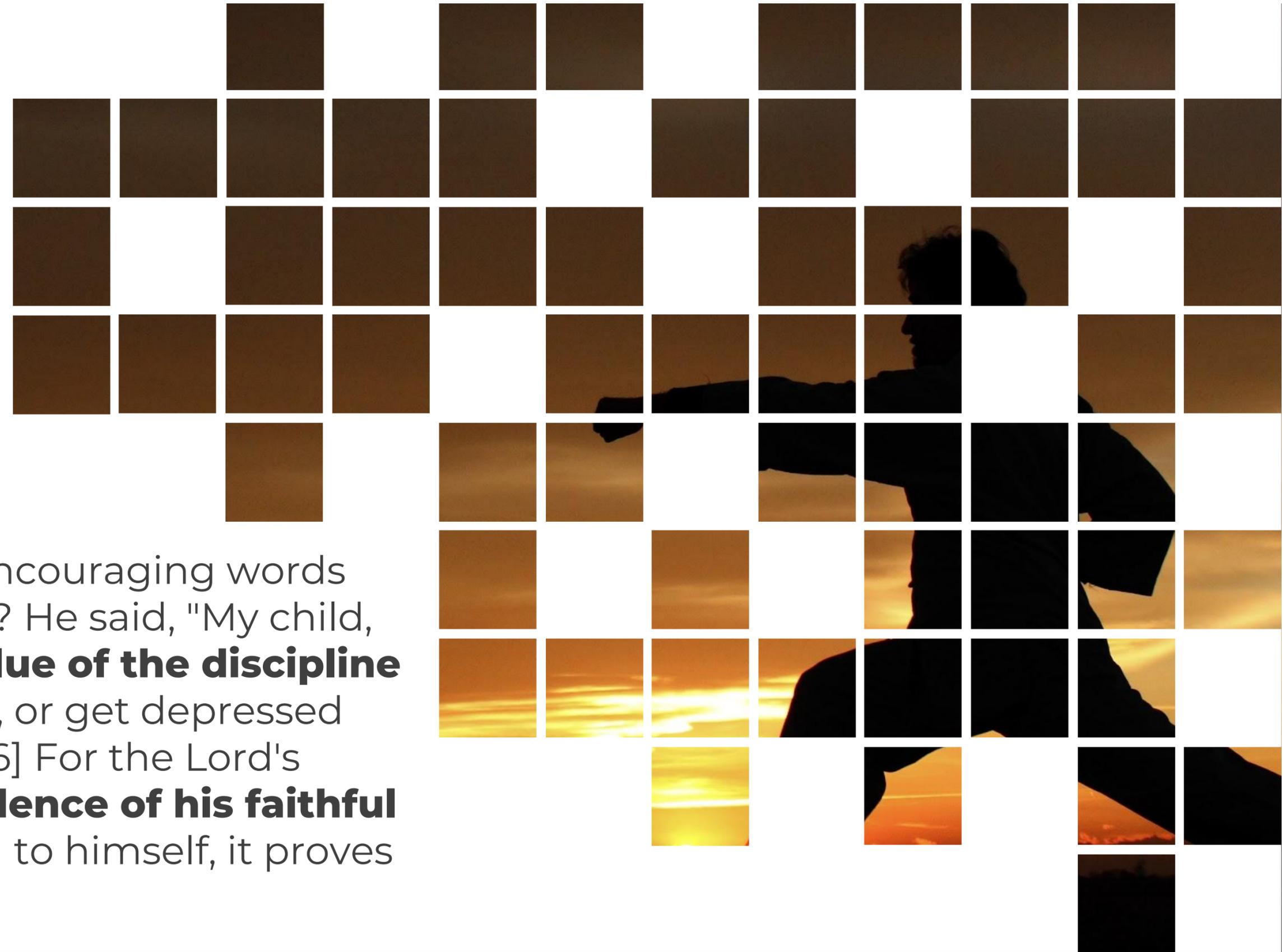
[deepspirituality.net](http://deepspirituality.net)

COURAGE

FEARLESS SERIES

And have you forgotten his encouraging words spoken to you as his children? He said, "My child, **don't underestimate the value of the discipline and training** of the Lord God, or get depressed when he has to correct you. [6] For the Lord's training of your life is the **evidence of his faithful love**. And when he draws you to himself, it proves you are his delightful child."

**Hebrews 12:5-6 TPT**





# What is Discipline?

Fearless Series

Ability to have enough self-control to be trained, molded and taught in order to achieve something you desire or need



# How do I get disciplined?

Discipline is the ability to have enough self-control to be trained, molded and taught in order to achieve something you desire or need



## What is your “why”?

You won't be motivated to change if you don't have a good reason to do it. Find your motivation. Why do you need discipline?



## What could life be like?

What would things be like for you if you were disciplined in a certain area in your life?

# Marcus Aurelius

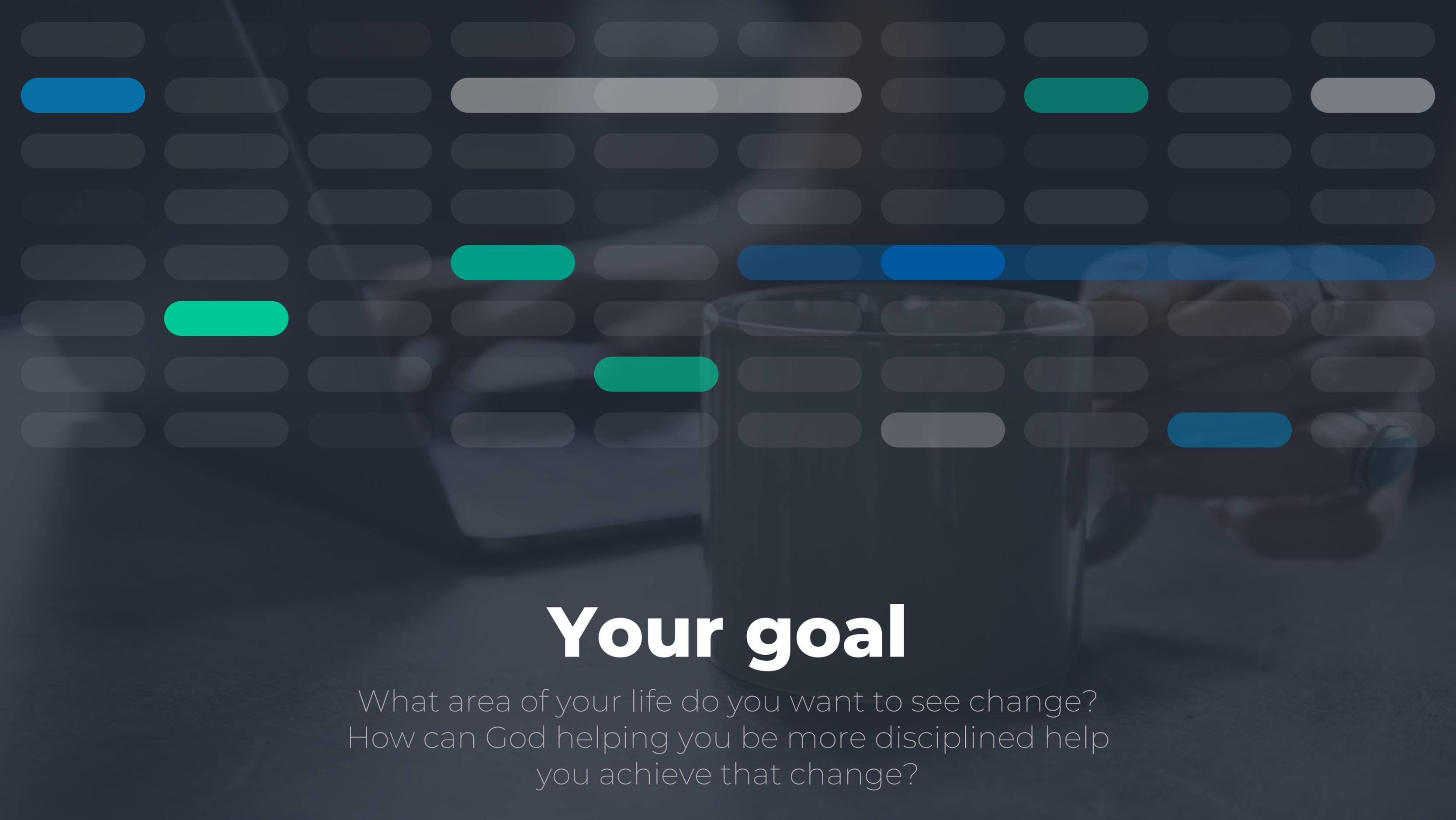
Emperor of Rome  
161 - 180 AD



At dawn, when you have trouble getting out of bed, tell yourself: ‘I have to go to work—as a human being. What do I have to complain of, if I’m going to do what I was born for—the things I was brought into the world to do? Or is this what I was created for? To huddle under the blankets and stay warm?’



FEARLESS



# Your goal

What area of your life do you want to see change?  
How can God helping you be more disciplined help  
you achieve that change?

# What Gets You Motivated?

Fearless Series: Discipline

God's marvelous grace has manifested in person, bringing salvation for everyone. [12] This same **grace teaches** us how to live each day as we turn our backs on ungodliness and indulgent lifestyles, and it equips us to live **self-controlled, upright, godly lives** in this present age. [13] For we continue to look forward to the **joyful fulfillment** of our **hope** in the dawning splendor of the glory of our great God and Savior, Jesus, the Anointed One.

**-Titus 2:11-15 TPT**

- ★ **What does grace mean to you?**  
Grace means unmerited favor, i.e. love when we don't deserve it. Have you ever experienced this? Jesus' life of sacrifice is a motivator.
- ★ **God's grace helps us do more**  
It's more motivating to do something out of gratitude than trying not to get in trouble or just because it's the "right thing" to do.
- ★ **What makes you want to work hard?**  
Has anyone ever taught you to be disciplined in a certain area of your life? How did you respond?

# Embrace the Pain

Fearless Series: Discipline

**Endure hardship** with us like a good soldier of Christ Jesus. [4] No one serving as a soldier gets involved in civilian affairs—he wants to please his commanding officer. [5] Similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules. [6] The **hardworking** farmer should be the first to receive a share of the crops. [7] Reflect on what I am saying, for the Lord will give you insight into all this.

**-2 Timothy 2:3-7 NIV84**

- ★ **No pain, no gain**  
No one likes pain, but avoiding it means missing out on the opportunity to grow
- ★ **Hard work...works**  
All hard work brings a profit. Working hard is never a waste of time, especially when your working to know God and please Him.
- ★ **What do you work hard at right now?**  
What helps you go the extra mile for that thing?  
How could you work like that in your relationship with God?



**DISCIPLINE EQUALS**  
**FREEDOM**

**JOCKO WILLINK MOTIVATION**

**ONE OF THE BEST  
MOTIVATIONAL VIDEOS EVER**

# Slave or Free?

Fearless Series: Discipline

Do you not know that in a race all the runners run [their very best to win], but only one receives the prize? Run [your race] in such a way that you may **seize the prize** and make it yours! [25] Now every athlete who [goes into training and] competes in the games is **disciplined** and exercises **self-control** in all things. They do it to win a crown that withers, but we [do it to receive] an imperishable [crown that cannot wither]. [26] Therefore I do not run without a definite goal; I do not flail around like one beating the air [just shadow boxing]. [27] But [like a boxer] I **strictly discipline my body and make it my slave**, so that, after I have preached [the gospel] to others, I myself will not somehow be disqualified [as unfit for service].

**-1 Corinthians 9:24-27 AMP**

- ★ **Discipline equals freedom**  
You either make your body/mind your slave or it owns you.
- ★ **Eyes on the prize**  
Our goal should be to be with God one day, but to also live an awesome life right now that changes our life and everyone around us by following Jesus.
- ★ **What's owning you right now?**  
In what ways are you getting owned ? What area of your life do you lack the most discipline? How can God help you change that?

DISCIPLINE

AFRAID NO MORE

# Decision

Fearless Series: Discipline



## Talk it through

How can God help you get motivated to live a disciplined life?

“

“Stop researching every aspect of it and reading all about it and debating the pros and cons of it ... Start doing it.”

- Jocko Willink



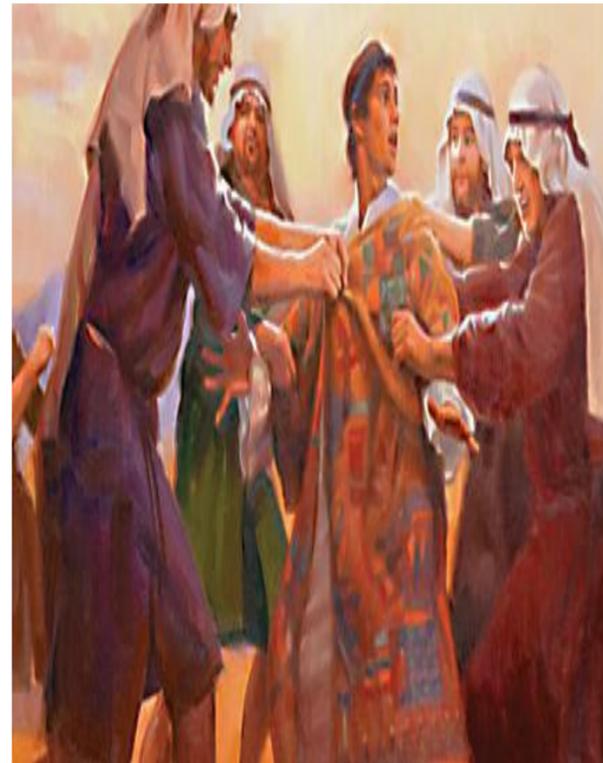
## Take action

What are you going to change with God to become disciplined?

# Next steps

Fearless Series: Discipline

These follow up actions will help you put into practice the decisions you made, and allow God to start shaping your character.



## Read together

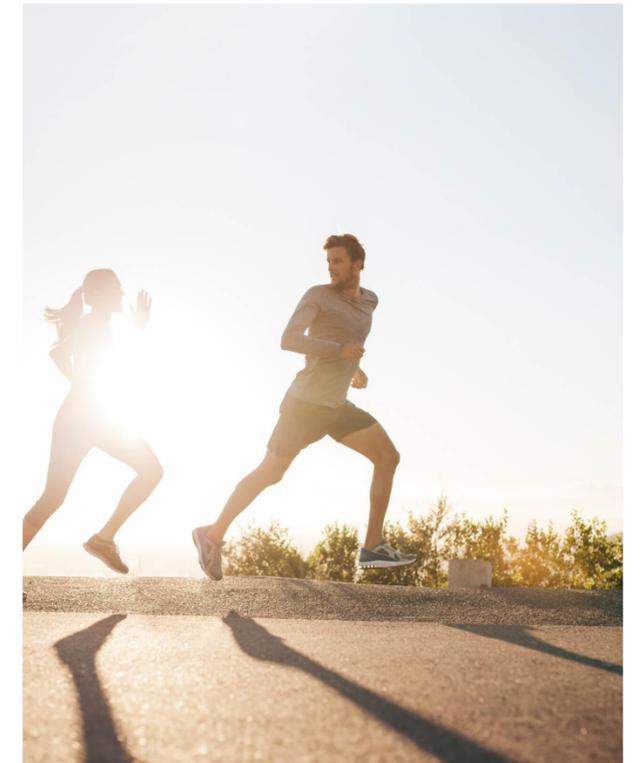
Joseph's story :

Genesis 37-47



## Watch together

Kill Bill -Training Scene



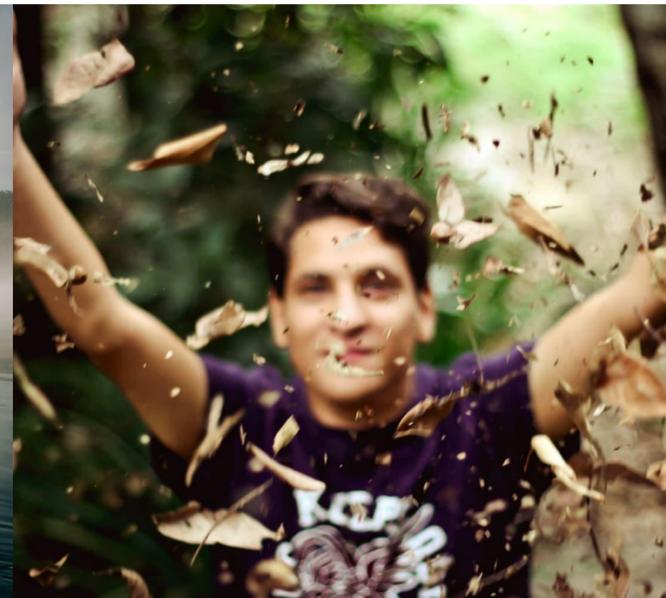
## Do together

30 day challenge:

Go on prayer walk/run/hike with friends every Saturday morning for 1 month.

# Further study

Fearless Series: Courage



1

**Job 5:17**  
NIV

2

**Proverbs 1:1-7**  
NLT

3

**Proverbs 12:1**  
NLT

4

**2 Timothy 1:3-7**  
NIV

5

**Romans 12:1-2**  
NLT