

Fearless Series - Discipline

The Importance of Inner Strength

Introduction

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 your definition of discipline? How do you respond to it? Why does this Scripture say to not get discouraged / depressed by it?

- Do you see discipline as loving? Why or why not?

What is discipline?

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?"

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?

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?

Teacher's Note:

- *Share about a time when someone forgave or was especially kind to you, and it made you want to work hard to change. For example, a teacher that let you make up a test that you failed, and it made you want to study hard to pass.*

Embrace the Pain

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?

Teacher's Note:

- *Have you ever put work into something that paid off later even though at the time it was hard and maybe you didn't want to do it? What was it? Share personally*

Discipline Equals Freedom

https://www.youtube.com/watch?time_continue=1&v=yoEv5PxrDvs

Teacher's Note:

- *This guy is a former Commander of Navy Seal team 3. Get thoughts of what stuck out or what inspired them from video. The video is about 20 mins long, you can watch part of video together and have them watch the rest on their own.*

Slave or Free?

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?

Teacher's Note:

- *Share about something you were weak at or not good at and how discipline changed you*

Decision

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

Jocko Willink

- **Talk it through:** How can God help you get motivated to live a disciplined life?
- **Take action:** What are you going to change with God to become disciplined?
 - *Teacher's Note: Walk through step by step what it would take to change. The leader should think through some of this ahead of time. Be as detailed as possible.*
 - *What steps will this decision involve?*
 - *When will you do them?*
 - *Possible pitfalls?*
 - *Who will you ask to help hold you accountable?*

Next steps

This section is meant to be done together over the next 1-2 weeks. Set up times to do some of these together or to do them separately and then talk about what you learned.

- **Read together:** Joseph's story: Genesis 37-47
- **Watch together:** *Kill Bill -Training Scene*

<https://www.youtube.com/watch?v=b2dehpRFyLA>

- **Do together:** 30 day challenge: Go on prayer walk/run/hike with friends every Saturday morning for 1 month.

Further study

- Job 5:17 NIV
- Proverbs 1:1-7 NLT
- Proverbs 12:1 NLT
- 2 Timothy 1:3-7 NIV
- Romans 12:1-2 NLT

