

## HABIT 6: DEVELOPING A DISCIPLINED LIFE

'DISCIPLINE' from the Latin word 'discipulus' or disciple (Oxford Dictionary) is the act of training and instructing. As disciples, Jesus is our example of how to live a DISCIPLINED life. A disciple *"trains himself to be godly"* (1 Tim. 4:7). The Bible instructs us to embrace DISCIPLINE whether it comes directly from God or through the circumstances of life for *"the Lord disciplines those he loves"* (Hebrews 12:6). Although everyone has the same number of hours in a day, the DISCIPLINED accomplish more and reap a harvest! How do we accomplish our dreams for God? What will help us fight the good fight and finish the race?

*"Whoever loves discipline loves knowledge, but whoever hates correction is stupid."* (Proverbs 12:1)

- A DISCIPLE trains themselves to keep learning, growing, to be like Jesus.
- The Holy Spirit gives us DISCIPLINE to make that happen! (2 Timothy 1:7)

### DEFINING THE DISCIPLINED LIFE

#### 1) **Perseverance not Procrastination** (Hebrews 6:12, Proverbs 24:30-34, Proverbs 26:13-16)

- Discipline is not a onetime thing.
- Discipline is a lifetime thing!
- Disciples choose a life of discipline, imitate good examples, and fight laziness/procrastination.

#### 2) **Discipline Requires Training** (Hebrews 5:14, 1 Timothy 4:7, 1 Corinthians 9:24-27)

- No one can train | run | compete for another person.
- Each disciple must develop discipline for themselves.
- Training brings our lives under God's control. (Romans 8:5-7)

#### 3) **Self-control is a fruit of the Spirit** (Galatians 5:23)

- NOT for SELF...to do more and better for SELF... our motivation is for GOD.
- What controls your life – feelings or principles?
- God created us as emotional beings; emotions are not bad.
- Do right → feel right; when we do the right thing, we feel better.

#### 4) **A Disciplined LIFE... not just in one area of life... in all areas of life.**

*What does that look like?*

- **Start with your mind:** *take captive every thought* (2 Corinthians 10:5) through faith.
- **Start in the morning:** Get to bed on time and get out of bed on time.
- **Be committed to time with God:** Don't trade time with God for time with man or TV.

#### 5) **Discipline is WORTH IT!**

*Moses chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin. (Hebrews 11:25)*

- Envision the end result and desire that more than giving into the immediate pleasure that can be gained now. (Hebrews 12:7-11)

#### **Recommended Reading**

\* Richard Taylor, *The Disciplined Life*

## **LIVING THE DISCIPLINED LIFE - FOUR AREAS**

### **1) Disciplined with our TIME**

*Make the most of every opportunity for the days are evil. (Eph. 5:16)*

- **Glorify God in every opportunity**  
The Specifics/Responsibilities of Life (Graphic from Class 1)
- **Consecrate your spare time**  
Your hobbies, electronics, sports, music, entertainment, etc.
- **Be on time:** for church, class, work, appointments, etc.  
Tardiness communicates disrespect: "You're not important!"

### **2) Disciplined with our MONEY**

*The earth is the Lord's and everything in it. (Psalm 24:1)*

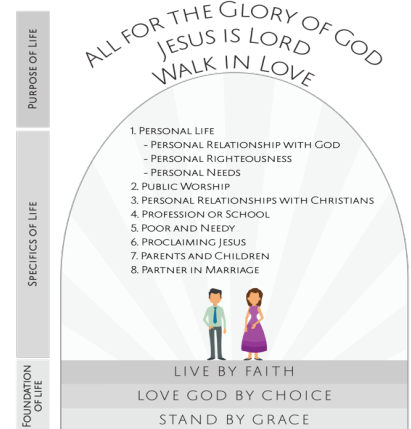
- **Budget:** have a plan for God's money and stick to it.
- **Stay out of debt:** *the borrower is slave to the lender. (Proverbs 22:7)*
- **Identify your materialism and greed:** say "NO"; be content. *(Phil. 4:11-12, Hebrews 13:5)*  
*God made you rich so that you can be generous. (2 Corinthians 9:11, 1 Timothy 6:17-18)*  
*Honor the Lord with your wealth. (Proverbs 3:9)*
- **Get training:** Take FINANCIAL PEACE UNIVERSITY.

### **3) Disciplined with our SEXUAL NATURE**

- **God created our sexual nature and desires:** God said, "*It was very good.*" *(Genesis 1:31)*
- **Attack sin at temptation level:** apply Jesus' standard, not the world's. *(Matthew 5:27-30)*
- **Absolute purity** *(1 Timothy 5:2): "not even a hint of sexual immorality."* *(Ephesians 5:3)*
- **Avoid tempting situations and places** *(Proverbs 5):* Be aware of Satan's scheme's.
- **Marriage must remain pure** *(Hebrews 13:4):* meet each other's needs. *(1 Corinthians 7)*

### **4) Disciplined with our PHYSICAL BODIES**

- **Care for your body:** it is *the temple of the Holy Spirit. (1 Corinthians 6:19-20)*
- **Take ownership of your health:** use physical and mental health medical resources.
- **Fight anxiety & stress:** prayer and submission *(Philippians 4:4-7)* to *the Great Physician!*
- **Beware of addictions:** smoking, alcohol, and drugs (illegal and prescription drugs); food addiction for stress relief; lack of discipline can lead to serious health problems!
- **Physical training is of some value!** *(1 Timothy 4:8)*  
It takes self-control to stay in shape, eat healthy, diet, and keep the weight off.
- **Tame your Tongue:** words have impact – speak life! *(James 3)*
- **Laugh!** Don't forget to have fun: "*a cheerful heart is good medicine.*" *(Proverbs 15:13, 17:22)*



**DISCIPLINE / TRAINING is a must when we are young; even more so as we get older**

DEVELOP A DISCIPLINED LIFE... so that we may enjoy life!

DEVELOP A DISCIPLINED LIFE... so that we have a satisfying life!

DEVELOP A DISCIPLINED LIFE... so we will have an impacting life!

DEVELOP A DISCIPLINED LIFE... so we will have a godly life!

DEVELOP A DISCIPLINED LIFE... so we can get to heaven!

*Psalm 94:12 Blessed is the one you discipline, Lord, the one you teach from your law.*