



WEEK 3: Discipline = Freedom

Maybe that title seems odd to you. Maybe discipline is the last thing you want to chat about right now. Either way - don't walk away just yet. I think that with the right amount of discipline, you become stronger and prepare yourself to truly enjoy the benefits of knowing a loving and intentional God. Let's dig deeper!

SCRIPTURE

Hebrews 12:11 - "No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way." (NLT)

2 Timothy 1:7 - "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." (NLT)

1 Corinthians 9:25 - "All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize." (NLT)

1 Timothy 4:7 - 8 - "Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." (NLT)

APPLICATION

Discipline. Yikes, right? Discipline has a bad reputation. Maybe you think of a harsh punishment on someone innocent and undeserving. Maybe you think of the classic guy who only eats grilled chicken and broccoli, does CrossFit, and still wears Affliction t-shirts. Either way, I'm out. You see, I think discipline is a beautiful thing. I think personal discipline makes us stronger and allows us to be more aware of the blessings God provides. Accepting God's boundaries for our life can be tough and it

takes work to live within those boundaries. It takes work to live in a world that wants you to push past those boundaries, too. It takes discipline, y'all. It requires us to study God's word, practice humility and forgiveness, and serve and love His people. It takes constant communication with God through prayer. It's not easy, but it's always worth it. Discipline with our time, resources, and relationships results in blessings in our lives and the lives of the people around us. A little effort goes a long way in the eyes of the Lord - are you willing to make that effort today?

QUESTIONS

1. In what area of your life are you the most disciplined? (AKA killing it - be proud of it!)
2. What area of your life could use more discipline? (spiritually and non-spiritually)
3. Re-read 1 Timothy 4:7 - 8. How can you "train for godliness" this week? Be practical and specific with your answer.

Homework: The bible tells us to write the words of the Lord on our hearts. AKA we're supposed to memorize scripture so that it's ingrained into our lives and hearts. Write down 2 Timothy 1:7 EVERY DAY this week and say it out loud. This is your memory verse for the week. Look you're practicing discipline already holla!

PRAYER

Lord - Discipline is hard. My selfish nature rejects the effort I need to make. I know that You desire for me to practice discipline in my life. Your word tells me that discipline brings righteousness and knowledge. Lord I know that you require discipline because You love me. I want to practice better discipline. I desire a spirit of self-control. I pray for the strength and discipline needed to fulfill Your will for my life. I pray that I start practicing this discipline today. Thank you for Your guidance and for Your Son. In Jesus name, AMEN.

Take your time with the study.. Read through the scripture mentioned above - familiarize yourself with the context of the verses. Talk about freedom in Christ with your community. Pray about using your freedom well every day. Above everything else, thank God for it!

YOU LOOK STRONGER ALREADY!