

Discipline Over Regret
I Choose – Part 3
January 22, 2017

John 16:33 (NIV) *“I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”*

**Discipline: Choosing between what you
want now and what you want most.**

Acts 9:3-5 (NIV) *“As he neared Damascus on his journey, suddenly a light from heaven flashed around him. ⁴ He fell to the ground and heard a voice say to him, ‘Saul, Saul, why do you persecute Me?’ ⁵ ‘Who are You, Lord?’ Saul asked. ‘I am Jesus, whom you are persecuting,’ He replied.”*

Romans 7:15 (NLT) *“I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate.”*

Romans 7:19 (NLT) *“I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway.”*

Romans 7:24 (NLT) *“Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?”*

Romans 7:25a (NLT) *“Thank God! The answer is in Jesus Christ our Lord.”*

1 Corinthians 9:24 (NLT) *“Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win!”*

1 Corinthians 9:25 (NLT) *“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.”*

The root word for discipline is the same
root word that creates the word disciples.

Colossians 3:23 (NIV) *“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”*

Hebrews 12:1 (NIV) *“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”*

Two Big Questions...

1. What do you want most?
2. What do you need to choose now
to achieve what you want most?

1 Corinthians 9:26-27 (NLT) *“So I run with purpose in every step. I am not just shadowboxing. ²⁷ I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.”*

3D experience: Desire
Discipline
Delight

Romans 8:5 (NIV) *“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”*

Colossians 1:27 (GW) *“God wanted His people throughout the world to know the glorious riches of this mystery—which is Christ living in you, giving you the hope of glory.”*