

# DEVELOPING SELF-DISCIPLINE

## Issues for Christ Followers - Part 5

### August 18, 2013

**1 Corinthians 9:25 (GNT)** *“Every athlete in training submits to strict discipline, in order to be crowned with a wreath that will not last; but we do it for one that will last forever.”*

#### How Do You Develop Self-Discipline?

##### 1. Master your MOODS

**Proverbs 25:28 (NLT)** *“A person without self-control is like a city with broken-down walls.”*

##### 2. Watch your WORDS

**Proverbs 21:23 (NLT)** *“Watch your tongue and keep your mouth shut, and you will stay out of trouble.”*

**James 1:26 (NCV)** *“People who think they are religious but say things they should not say are just fooling themselves. Their ‘religion’ is worth nothing.”*

##### 3. Restrain your REACTIONS

**Proverbs 19:11 (NLT)** *“Sensible people control their temper; they earn respect by overlooking wrongs.”*

**2 Timothy 4:5a (NIV)** *“...Keep your head in all situations...”*

##### 4. Stick to your SCHEDULE

**Ephesians 5:15-16a (NLT)** *“So be careful how you live. Don’t live like fools, but like those who are wise. <sup>16</sup>Make the most of every opportunity...”*

##### 5. Manage your MONEY

**Proverbs 21:20 (TLB)** *“The wise person saves for the future, but the foolish person spends whatever he or she gets.”*

##### 6. Maintain your HEALTH

**1 Thessalonians 4:4 (NIV)** *“Each of you should learn to control your own body, in a way that is holy and honorable.”*

#### How Can You Develop A Plan For Self-Discipline?

- **ADMIT** your lack of discipline.

**Romans 7:15 & 18 (GNT)** *“I do not understand what I do: for I don't do what I would like to, but instead I do what I hate! <sup>18</sup>...For even though the desire to do good is in me, I am not able to do it.”*

- **BELIEVE** that God will help you.

**Philippians 2:13 (NIV)** *“For it is God who works in you to will and to act in order to fulfill His good purpose.”*

- **CLAIM** a promise from God's Word.

**Isaiah 41:10a (NIV)** *“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you...”*

**2 Timothy 1:7 (NIV)** *“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*

- **DECIDE** in advance.

**Proverbs 13:16 (NLT)** *“Wise people think before they act; fools don’t—and even brag about their foolishness.”*

**Ephesians 6:13a (GNT)** *“So take up God's armor now! Then when the evil day comes you will be able to resist the enemy's attacks...”*

- **ENLIST** some support.

**Ecclesiastes 4:9-10, 12a (GNT)** *“Two are better than one because... <sup>10</sup>If one falls down, the other can help him up. <sup>12</sup>Two people can resist an attack that would defeat one person alone.”*

- **FOCUS** on the reward.

**Hebrews 11:24-26 (NIV)** *“By faith Moses, when he had grown up, refused to be known as the son of Pharaoh’s daughter. <sup>25</sup>He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin. <sup>26</sup>He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward.”*

**1 Peter 4:7 (GWT)** *“...Practice self-control, and keep your minds clear so that you can pray.”*