

Help in the Daily Battle- The Place of Discipline

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I. Introduction.

- A. Discipline is essential to holiness. (1 Timothy 4:7)
- B. The word Paul uses for “discipline” has association with the Greek athletic games.
- C. Discipline trains us to have holy character.
- D. Discipline is a process that equips us.

II. There are three essentials to discipline in the spiritual realm.

A. The trainer, who is the Holy Spirit.

- 1. We must center our lives around the Coach.

B. The trainee, who has the right mental attitude.

C. The right practice to achieve the desired goal.

- 1. We must expose ourselves to the scripture- hearing it, reading it, studying it, memorizing it, and meditating on it. (Psalm 119:11; Romans 13:8)

- 2. We must make time for studying the Bible. There are several questions to ask while you study scripture.

a) What does the scripture mean?

b) How do I measure up to the scripture?

c) What do I do about the scripture in my attitude? What do I do about the scripture in my actions?

III. Every one of us is disciplining ourselves by our habits, for good or for evil. Choose the right habits. (2 Peter 2:14)

Application questions:

1. Of the four ways of interacting with scripture that Jerry describes, which one is the easiest for you? Which is the most difficult? Is your difficulty or your ease with that facet of scripture a matter of attitude or action?

2. What is the purpose of discipline in the spiritual life?

3. As you evaluate your habits, what attitudes are you disciplining yourself in? Which actions? Do they line up with holiness?
