

*We have this hope as an anchor for the soul, firm and secure.*

 – Hebrews 6:19

**9/29/24**

**Arrive & Eat Supper**

**Welcome**

**Prayer**

**Section 2 – Consistency – Chapter 5 – Power over Yourself**

**Closing Prayer**

**Section 2 – Consistency**

**Chapter 5 - Power over Yourself (Discipline)**

- Today’s pace of life: Too much on our plates. Feeling stressed, frantic, & overwhelmed.

*- Tyranny of the Urgent* (Charles Hummel) – The urgent takes over the important🡪fighting fires.

- We are desperately in need of Personal Discipline: Doing the right things habitually, consistently, and daily.

Scriptures Related to Discipline

Self-Examination

* Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?

 – 2 Corinthians 13:5

* Everyone ought to examine themselves before they eat of the bread and drink from the cup. – 1 Corinthians 11:28
* Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. – Romans 12:2
* We take captive every thought to make it obedient to Christ. – 2 Corinthians 10:5
* The Spirit searches all things, even the deep things of God. – 1 Corinthians 2:10
* Search me, God, and know my heart; test me and know my anxious thoughts.

 – Psalm 139:29

Self-Control

- Like a city whose walls are broken through is a person who lacks self-control.

 – Proverbs 25:28

- “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” – Matthew 26:41

- For the grace of God has appeared that offers salvation to all people.It

teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age - Titus 2:11-12

- …Fruit of the Spirit…gentleness and self-control. Galatians 5:23

- For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. – 2 Timothy 1:7

- Each of you should learn to control your own body in a way that is holy and honorable

 – 1 Thessalonians 4:4

* We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

– 2 Corinthians 10:5

* Everyone who competes in the games goes into strict training…Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. – 1 Corinthians 9:25-27
	+ NOT Ascetism - severe self-discipline and avoidance of all forms of indulgence, typically for religious reason
* For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. - Romans 8:13
* Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. – Colossians 3:5
* So, I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whateveryou want.

– Galatians 5:16-17

Self-Denial

* Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. - Luke 9:23
* 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 - Hebrews 12:1

Self-Obedience

* Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do. – James 1:22-25
* I do not understand what I do. For what I want to do I do not do, but what I hate I do... For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it…Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord! - Romans 7: 15, 19-20, 24-25
* Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. – Colossians 3:23-24

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Discipline should lead to a Godly & sustainable routine and schedule. Our schedules need to be examined and adjusted. Some of the schedules we should examine include the following:

Daily Schedule

Devotional Time in The Word & Prayer

 Very early in the morning, while it was still dark, Jesus got up, left the house and went

off to a solitary place, where he prayed. - Mark 1:35

 *Too Busy Not to Pray* – Bill Hybels – Make prayer a priority to fight against the

increasing pace, intensity, and number of distractions

 “Prayer does not waste time, it saves time.” One can get more done when one starts the

day in prayer. “It’s like sharpening an ax to cut more wood.”

 Develop a Personal Prayer Template – Avoid meandering.

 Seek to Contact, Sense, Hear from, and Experience the Presence of God

 Systematic Bible Reading Plan

 Read through the “Bible in One-Year’ and others

Weekly Schedule

 Everyone works…those employed, unemployed, and even retired. Work is about how

we are spending the majority of our time during each day. This includes time outside the home (responsibilities) away from family.

 We should work no more than 50 hours per week.

 We should maintain a Sabbath (at least one day a week, but two is better)

Monthly Schedule

 2-3 Day Fasts or Retreats every month

 Similar to Biblical Characters (Esther, Ezra, Jesus)

 Focus on: The Lord, Decisions that need to be made, As the Lord leads.

Yearly Schedule

 January Prayer & Fasting – Daniel Plan (Daniel 1:12; 10) – 21 Days

 Allow God to lead and affect your upcoming twelve months and beyond.

Family Schedule

 Don’t allow your family to take a backseat in your life.

Include: - Weekly Family Night

 - Weekly Date Night with your Wife only!

- Yearly Family Vacations (big and small, with limited money/resources)

Health Schedule

 Go to Bed and Get Up in a timely manner

 Have a Daily Exercise Routine – Walking, Weights, or Whatever. Do Something!

 Adjust Your Eating

Eat Earlier in the Day

 Watch Your Proportions

 Eat like a…King (Breakfast - Big); Prince (Lunch - Medium);

Pauper (Supper - Light)

Other Schedules?

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**DAILY WORK LOG TEMPLATE**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **TODAY'S DATE** | **TOTAL HOURS** |
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| **START TIME** | **END TIME** | **TOTAL TIME** | **ACTIVITY** | **NOTES** | **STATUS** |
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