

Lesson Discipline II

Lesson Focus: “Spiritual Discipline Produces Steadfast Disciples”

Base Scripture: 1 Corinthians 9:24

Aim: In this week’s lessons, we will reexamine the area of discipline. Disciple is an important part of a disciple’s life because it helps us do the will of God in the most effective way possible. Disciplined Christian living involves bringing all areas of our lives under the control and submission of Christ so that everything we do fits together and contributes to our purpose, which is to bring glory to God (Ecclesiastes 12:13). We must be reminded that when we became Christians, we made the decision to be disciples of Christ and to put ourselves under His authority and thereby be disciplined by Him.

<u>Memory Verse</u>	<i>1 Corinthians 9:24 – Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.</i>
	<i>Proverbs 12:1 – Whoever loves discipline love knowledge., but he who hates reproof is stupid.</i>
	<i>Revelation 3:19 – Those whom I love, I reprove and discipline, so be zealous and repent.</i>

<u>Goal</u>	Students will discover how discipline is the beginning of disciple making.
<u>Introduction</u>	A discipline, or in our case spiritual discipline, is a training that helps to shape and mold our character over an extended period of time to accelerate and focus the process. Successful spiritual discipline leads to habits, practices, and experiences that are designed to grow, develop, and strengthen qualities of the spirit. It builds spiritual “muscle” of a disciple’s character and expands the breadth of a disciple’s inner life. Spiritual discipline is the strict training that Paul referred to in 1 Corinthians 9:24-25. The end goal of a Christian’s life is to become the man that God desires for us to be. We do this by allowing His vision, His mission, His values, His purposes and His goals to shape our lives and one way this is done is through spiritual discipline.

Wednesday -- Title: The Spirit of Self Discipline

1. Read 2 Timothy 1:7. What are the characters of the Spirit that God has equipped us with?
2. Read 2 Timothy 3:16-17. How do the Scriptures help to discipline us? How are the excuses we make for being undisciplined invalid in God's sight?
3. How does a failure to be disciplined in your study of God's word affect you in other areas of your life? Do you think these effects be major or minor? Explain why.

Thursday -- Title: Running with Purpose and Focus

1. What are some of the characteristics of a disciplined person? What are some of the characteristics of an undisciplined person?
2. Read 1 Corinthians 9:24-26. What does it mean to run aimlessly? How can you identify areas of your own life where you may be running without purpose or focus?
3. What would you say are the primary goals of discipline?

Friday -- Title: Avoiding Intemperance

1. What does the word intemperance mean? (if necessary, use a dictionary to define it).
2. There are many things we can engage ourselves in that are not wrong in and of themselves; however, to do anything in excess and without being under the Spirit's control can negatively affect us. Read 1 Timothy 6:6-10. What are some of things Paul list that we should strive to control?
3. Think about what your life would look like if you had more control over certain things. Fix that image in your mind. What are some things you can you start today to make that image a reality?

Saturday -- Title: Controlled Only by the Spirit

1. Read 1 Corinthians 6:9-20. Focus particularly on the popular proverbs of that age in verses 12, 13. What is Paul's position emphasizing in these verses and in response to these proverbs?
2. Why must we as disciples make the daily conscious decision to not allow anything to master us? What is the outcome if we operate contrary to this mindset?
3. Identify and write down some things in your life that you feel are "mastering" you rather than you mastering them? How can you make a shift with this issue?

Sunday -- Title: Lessons Learned from a Soldier, an Athlete and a Farmer

1. Read 2 Timothy 2:1-7. Explain the disciplines identified in each of the three analogies Paul uses to compare them to the Christian life.
 - a. Soldier (v. 4)
 - b. Athlete (v. 5)
 - c. Farmer (v. 6)
2. Why is verse 1 so essential to our efforts to become disciplined?
3. Re-read verse 3 – what does it mean to share in the suffering? How can doing this help us with being disciplined?

Monday – Rotten Fruit

1. Read Galatians 5:22-23. Consider how the final element of self-control relates to the others. How are all the qualities of the fruit of the Spirit connected to self-discipline?
2. What attitude(s) must we possess in order for God to produce this fruit within us?
3. Read Galatians 5:25-26. According to these verses, how can we avoid allowing our fruit to rot and become ineffective?

Tuesday -- Applying Discipline to our Emotions

1. Discipline applies not only to how we use our resources – time, money, possessions, etc. – but also to how we handle our emotions. Explain how this is so?
2. List three emotions that we as disciples need to control and discipline in our lives. Find and record a Scripture that aligns to each one.
3. Read Hebrews 11:8-10 and Hebrews 11:17-19. How did Abraham allow his faith to override his emotions and in these instances and what was the result?
4. Someone once said, “We lose control when we take control. In the same way, we gain control when we give it to God.” How does this apply to disciples? Find a Scripture to align with your answer.