

## Discipline

Wikipedia-self-discipline-involves practice of self-restraint, controlling one's emotions, and ignoring impulses

Biblical-greek word-self controlled-Enkrateia-state of power over something, usually a state of self-control and self-mastery where one holds power over one's own passions and instincts.

Audiobook: Relentless by Tim S. Grover. Three types of people; coolers who are good solid teammates, closers are big shot takers, but cleaners are unstoppable and will do whatever it takes to win.

Thought of the day: Discipline without balance is destructive and leads to idolatry

Lead book by Paul David Tripp. Page 87. "The Bible has a name for balance: shalom. Shalom is everything in its right place, doing what it was meant to do, in the way God intended it to be done. Shalom was the way it was meant to be, but like a fine crystal goblet now in shards on the floor, shalom has been shattered."

Passage of Study: 1 Corinthians 9:24-27—"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. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly, I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should not be disqualified."

How do we lived balanced gospel centered lives? T-R-A-I-N

T—Take the 10 commandments seriously (Exodus 20:2-17 and Deuteronomy 5:6-21)

1) No other God's before me—Lukas preached on 1 Corinthians 9:24-27 and he said "look at where your time and money is spent to see where your focus is."

Question: What god is taking the place right now for the one true God? Money, career, comfort, friendships, family, ?

2) You shall not make yourself a carved image or any likeness and bow down to it

Question: What are some modern day idols we worship today or replace God with? Identity, money, material things, job status, physical appearance, entertainment, sex, phones, technology

3) You shall not take the name of the Lord your God in vain

Question: How can I do this without using profanity? Giving credit to God for acts of wickedness or manipulating a situation by using God

4) Remember the Sabbath Day and keep it holy

Question: Do you take a solid day during the week for rest and focus on Christ alone? How do you do that?

5) Honor your father and mother

Question: How can you honor your parents? Do you ask their opinion on matters still, do you let them love on your children in their own way without correcting them, do you talk bad about them to others.

**6) You shall not murder**

Question: How do we treat others? How many times do we call people stupid or get angry at our kids? We need to turn off news sometimes or stop reading all these memes

Raca-Greek word meaning empty one or foolish one

**7) You shall not commit adultery**

Question: What do you lust after? Men it is woman and visual, but woman can also, but how about the man who carries himself well and you wish your man would, or you lust after material things. What is taking the place of your affection to Christ or your spouse?

**8) You Shall not Steal**

Question: Do you give your full effort in school, work, and working out? Are you honest on your taxes?

**9) You shall not bear false witness against your neighbor?**

Question: Do you talk more about others or about God?

**10) You Shall not covet your neighbor's house, wife, or anything they own**

Question: What do we need to let go of now? For me, it is my Facebook friend going to Hawaii with his family every month

R-Run with purpose the Christian race (vs. 26)

Questions: How are you starting your day? With coffee, working out, or prayer? What is your mid-day routine? What do you focus on when you get home? What do you do before you go to bed?

A-ask God and others for help

Questions: Who is sharpening you these days?

I-Implement goals for your life and have accountability for it or strive to accomplish them with somebody else (vs.27)

Questions: What do you hope to accomplish this year in 2023? Have you written these out?

N-Never forget all that God has done for you and will continue to do for you?

Question: When is the last time you have thanked God for all that he has done for you? Where do you keep your memorials and memories with Him?

Conclusion: Discipline without balance is destructive. We live a gospel centered balanced life by taking the 10 commandments seriously, running the Christian life with purpose, asking God and others for help, implementing goals yearly, and never forgetting what God has done and will continue to do for you.