

# Message 1: The Disciple's Disciplines

## 1. What Is Discipline?

Some people only conceive of discipline as some punishment you give your children when they misbehave.

- ?? Discipline is “making yourself do what you don't want to do, because you know it is good for you.”
- ?? Discipline is not natural. If it comes naturally then it is probably not a discipline.
- ?? Discipline is good for the soul. Solomon says in Proverbs 25:28 “*He that has no rule over his own spirit is like a city without walls and broken down.*”

The Apostle Paul had much to say about discipline as a cost of discipleship. He often compared the Christian walk to a race and to competing in the Olympic games. He refers to it, discipline, as “strict training.”

### **I Corinthians 9:24-27**

*24. Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. 26. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. 27. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.*

Then he compares “godliness” or Christ-likeness to exercise in

### **I Timothy 4:7-16**

*7. Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 8. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.... 11. Command and teach these things. 12. Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. 13. Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. 14. Do not neglect your gift, which was given you through a prophetic message when the body of elders laid their hands on you. 15. Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. 16. Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.*

## 2. Do We Need Disciplines?

Proverbs 25:28

- ?? The Need of Boot Camp - total restructuring of our lives. Breaking with the past. Establishing the new.
- ?? Habits and Routines – we are all **creatures of habit**. It is unavoidable. The issue of importance to us is that we become what we practice. Better yet, we are what we do.
- ?? Exercises or Calisthenics: Reps or repetitions that are done over and over to build muscle, skill, stamina, control.
- ?? Olympic Disciplines – there are 28 Olympic disciplines, each discipline has disciplines within it that need to be exercised over and over again to gain proficiency and expertise and excellence.

Things you make yourself do, and things you do not allow yourself to do. It covers a wide range of disciplines from food to training exercises to meditation and mental focus.

### 3. What Are Your Deliberate Disciplines?

*What are the spiritual disciplines of a deliberate disciple?*

Over the next eight weeks we will be looking at some of these disciplines from a practical viewpoint.

Giving up something of comfort, to gain something of consequence.

Disciplines to Maintain	Books To Read
1. Your <u>Daily Devotions</u> 2. Your <u>Closet of Prayer</u> 3. Your Reading & <u>Bible Study</u> 4. Your Meditation and <u>Memorization</u> 5. Your <u>Journaling</u> & Self-Inventory 6. Your <u>Fasting</u> & Seeking God 7. Your <u>Simplicity</u> & <u>Silence</u> 8. Your Giving & <u>Sacrifice</u> 9. Your Going and <u>Serving</u>	?? <u>The Cost of Discipleship</u> - Dietrich Bonhoeffer ?? <u>Celebration of Discipline</u> - Richard J. Foster ?? <u>The Disciplines of a Godly Man</u> - Kent Hughs ?? <u>Ordering Your Private World</u> - Gordon McDonald ?? <u>Relentless Spirituality</u> - <i>Spiritual Disciplines of AB Simpson</i> ? ?? Foxes Book of Martyrs -