

# DISCIPLINED

Journey Group Lesson for “Disciplined” September 5, 2010

## Getting Started (Everyone Answer)

*From the book The Life You Always Wanted p. 41 by John Ortberg, “Imagine a group of people coming to your home and interrupting your Twinkie-eating, TV-watching routine with an urgent message: ‘Good news. We’re from the United States Olympic Committee. We have been looking for someone to run the marathon in the next Olympics. We have statistics on every person in the entire nation on computer. We have checked everybody’s records – their performance in the president’s physical fitness test in grade school, body type, bone structure, right down to their current percentage of body fat. We have determined that out of two hundred million people, you are the one person in America with a chance to bring home the gold medal in the marathon. So you are on the squad. You will run the race.’”*

*How do you think you would respond to this news? Can you imagine yourself on the marathon team, crossing the finish line?*

*If your major talent before being chosen to run the marathon had been eating Twinkies, how do you think you would fare in running the marathon? Do you think it might be possible to “try hard enough” to be able to finish the marathon? Why or why not? How far do you think you would get in the marathon? What would you need to do in order to be able to run a marathon?*

## Digging Deeper

*Read Mark 8:34-36. What did Jesus mean in this passage? What would it look like for you to “pick up your cross” and follow Jesus?*

*How well do you think people in the church do at truly following Jesus?*

*Read Matthew 26:36-46. Do you think it was easy for Jesus to take up his cross and die? Why or why not? What enables Jesus to face His own death?*

*In Matthew 26, what do the disciples do while Jesus is praying? What does Jesus tell them they need to do?*

*Why is prayer the answer to not falling into sin? What other gifts has God given us to help us grow closer to Jesus (for example, worship, Bible reading, fasting, giving, etc)?*

## Bringing It Home

*Read 1 Timothy 4:8. Just like we can’t will ourselves to go out and run a marathon without sufficient training, we can’t expect to grow in our relationship with Jesus if we don’t train ourselves in godliness. Prayer, Bible reading, etc. are all gifts God has given us to grow in our relationship with Him.*

*Take a second to share with the rest of the group where you need to “beef up” your training in your walk with God. What spiritual disciplines do you need to practice on a more regular basis?*

*How can the group pray for you?*