

The Root Of It All

The Need for Self-Discipline

Opening:

Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, 1 Peter 2:2

Introduction:

“He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.” (**Proverbs 16:32**).

I. What is Self-Discipline?

By Definition

Self-discipline refers to the ability to control one's own behavior, emotions, and impulses in order to achieve a goal or maintain a particular standard. It involves making conscious choices to stay focused, resist distractions, and persist in the face of difficulties. Self-discipline requires setting clear goals, developing good habits, and being able to regulate one's actions and reactions. It is a key element in personal development, success, and achieving long-term objectives.

"The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control." (**Galatians 5:22-23**).

"Add to your faith virtue, to virtue knowledge, to knowledge self-control...." (**II Peter 1:5-6**).

"Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate (exercises self-control) in all things. Now they do it to obtain a corruptible crown, but we for an imperishable crown. Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified." (**I Corinthians 9:24-27**).

"If you faint in the day of adversity, your strength is small." (**Proverbs 24:10**).

II. Why Do We Need to Be Disciplined?

III. What Aspects of Our Lives Do We Need to Discipline?

1. We need to discipline our minds, to train ourselves to think.

"Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth." (**II Timothy 2:15**).

2. We also need to discipline our bodies.

3. We need a disciplined moral character.

"For bodily exercise profits a little, but godliness is profitable in all things." (**I Timothy 4:8**).

4. We need to discipline our appetite.

Eat only as much as you need, lest you be filled with it and vomit." (**Proverbs 25:16**).

5. We also need to discipline our speech.

"If anyone among you thinks he is religious and does not bridle his tongue but deceives his heart, this one's religion is useless." (**James 1:26**).

"For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body."
(**James 3:2**).

"A fool vents all his feelings, but a wise man holds them back."
(**Proverbs 29:11**).

6. We need discipline in arranging our priorities.

"Seek first the kingdom of God and his righteousness, and all these things shall be added to you." (**Matthew 6:33**).

IV. The Dangers of Discipline

"Father, I thank thee that I am not as other men are..." (**Luke 18:11-12**).

"forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth." (**I Timothy 4:3**).

