

Kingdom Training Level 1: Six Essential Habits of a Disciple

Habit 6: Developing a Disciplined Life

October 2	HABIT 1:	Living for the Glory of God	1 Corinthians 10:31
October 9	HABIT 2:	Having Daily Quiet Times	Matthew 4:4
October 16	HABIT 3:	Maintaining an Evangelistic Lifestyle	Matthew 28:18-20
October 23	HABIT 4:	Embracing Discipling Relationships	John 13:34-35
October 30	HABIT 5:	Preparing to Meet Together	Acts 2:38
November 6	HABIT 6:	Developing a Disciplined Life	Take Home Test

DISCIPLE and DISCIPLINE come from the same root word.

JESUS is our example of a disciple and of living a disciplined life.

Everyone has the same number of hours in a day and in a week. The DISCIPLINED accomplish more!

How do we accomplish our dreams for God? What will help us fight the good fight and finish the race?

- A DISCIPLE trains themselves to keep learning, growing, to be like Jesus.
- The Spirit gives us DISCIPLINE to make that happen! (2 Timothy 1:7)

DEFINING THE DISCIPLINED LIFE

- **Perseverance not procrastination:** Discipline is not a onetime thing. Discipline is a lifetime thing!
 - Hebrews 6:12, Proverbs 12:1, Proverbs 24:30-34, Proverbs 26:13-16
 - Disciples choose a life of discipline, imitate good examples, and fight laziness/procrastination
- **A form of training:** (Hebrews 5:14, 1 Timothy 4:7, 1 Corinthians 9:24-27)
 - No one can train | run | compete for another person
 - Each disciple must develop discipline for themselves
- **Bringing our lives under God's control:** (Romans 8:5-7)
 - Self-control is a fruit of the Spirit (Galatians 5:23); not for SELF...to do more and better for SELF
 - What controls your life – feelings or principles?
 - God created us as emotional beings. Emotions themselves are not bad.
 - When we do right, we feel right; when we do good, we feel good.
- **A Disciplined LIFE...** not just in one area of life... in all areas of life. What does that look like for us?
 - Start with your mind: take captive every thought (2 Corinthians 10:5); fill our minds with faith
 - Start in the morning: Get to bed on time and get out of bed on time
 - Be committed to time with God: Don't trade fellowship with God for time with man or the TV
 - Discipline is all about knowing the result is WORTH IT!
 - *Moses chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin.* (Hebrews 11:25)
 - Envision the end result and desire that more than giving into the immediate pleasure that can be gained now. (Hebrews 12:7-11)

LIVING THE DISCIPLINED LIFE – FOUR AREAS

1. **Disciplined with our TIME** – *“make the most of every opportunity for the days are evil”* (Ephesians 5:16)

- **Glorify God in every opportunity:** The Responsibilities of Life (First Class)
 - Personal Life: Relationship with God, Personal Righteousness and Personal Needs
 - Public Worship, Personal Relationships with Christians, Profession or School, Poor and Needy

- Proclaiming Jesus, Parents and Children, and Partner in Marriage
 - **Consecrate your spare time:** hobbies, electronics (TV/phone/social networks/gaming), sports, music...
 - **Be on time:** for church, class, work, appointments, etc.
 - Being late communicates a lack of respect for God and for others: “You’re not important!”
 - All will be late from time to time... what is the pattern of your life?
 - Are you late for what is important to you? (meeting with the boss; a movie you want to see; a date that you look forward to; a sporting event; etc.)
- 2. Disciplined with our MONEY – “The earth is the Lord’s and everything in it” (Psalm 24:1)**
- **Have a plan for God’s money** (budget) and stick to it
 - **Stay out of debt:** “the borrower is slave to the lender” (Proverbs 22:7); including to other disciples
 - **Identify your materialism and greed:** learn to say NO; be content (Philippians 4:11-12, Hebrews 13:5)
 - **God made you rich to be generous** (2 Corinthians 9:11, 1 Timothy 6:17-18)
 - **Honor the Lord with your wealth** (Proverbs 3:9)
 - **Get training:** Take FINANCIAL PEACE UNIVERSITY (Lael & Cheryl Kaplan)
- 3. Disciplined with our SEXUAL NATURE**
- **God said, “It was very good”** (Genesis 1:31): understand God created our sexual nature and desires
 - **Attack sin at temptation level** (Matthew 5:27-30): Jesus’ standard is not the same as the world
 - **God calls for absolute purity** (1 Timothy 5:2): not even a hint of sexual immorality (Ephesians 5:3)
 - **Avoid tempting situations and places** (Proverbs 5): Be aware of Satan’s scheme’s; without self-control any appetite can become sinful
 - **Marriage must remain pure** (Hebrews 13:4): meet each other’s needs – self-denial (1 Corinthians 7)
- 4. Disciplined with our PHYSICAL BODIES**
- **Care for your body:** the temple of the Holy Spirit (1 Corinthians 6:19-20)
 - **Take ownership of your health:** use the medical resources we have for physical and mental health
 - **Fight anxiety & stress:** through prayer and submission (Philippians 4:4-7) Jesus is the Great Physician!
 - Beware of addictions: smoking, alcohol, drugs (illegal and prescription drugs)
 - Food can be an addiction or stress relief; lack of discipline can lead to serious health problems
 - **Physical training is of some value!** (1 Timothy 4:8)
 - Takes self-control to stay in shape, eat healthy, diet, even keep the weight off once you lose it
 - **Tame your Tongue:** words have impact – speak life! (James 3)
 - **Laugh!** Don’t forget to have fun! “a cheerful heart is good medicine” (Proverbs 15:13, 17:22)

DISCIPLINE / TRAINING is a **must** when we are young but it is a **must** as we get older

DEVELOPING A DISCIPLINED LIFE... so that we may enjoy life!

DEVELOPING A DISCIPLINED LIFE... so that we have a satisfying life!

DEVELOPING A DISCIPLINED LIFE... so we will have an impacting life!

DEVELOPING A DISCIPLINED LIFE... so we will have a godly life!

DEVELOPING A DISCIPLINED LIFE... so we can get to heaven!

Psalm 94:12 *Blessed is the one you discipline, Lord, the one you teach from your law.*

Recommended Reading: *The Disciplined Life* by Richard Taylor