

How can you show
self-discipline
in:



1. Who you choose as friends?



2. Where you go?



3. What you see?



4. What you say?

It Takes Control!

Self-discipline is important in everyone's life, and it is especially important in a Christian's life. Below are five parts of a person's life where control is necessary.

SPEECH: "*Whoso keepeth his mouth and his tongue, keepeth his soul from troubles.*"
— Proverbs 21:23

If you fined yourself \$1.00 and put it in the tithes box every time you gossiped or made an unkind remark, how much richer would the church be?

THOUGHTS: "*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*" — Philippians 4:8

If you want to discipline your thoughts, you need to avoid whatever will implant wrong thoughts in your mind. In which of the following things have you found words or situations that need to be avoided in order to help you have self-discipline? Music, Videos, TV Programs, Books, (other) _____

DESIRES: "*I have learned, in whatsoever state I am therewith to be content.*" —
Philippians 4:11

If you spent five minutes a day thanking God for all you have, instead of concentrating on what you want, what would happen?

SCHEDULE/TIME: "*See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil.*" — Ephesians 5:15-16

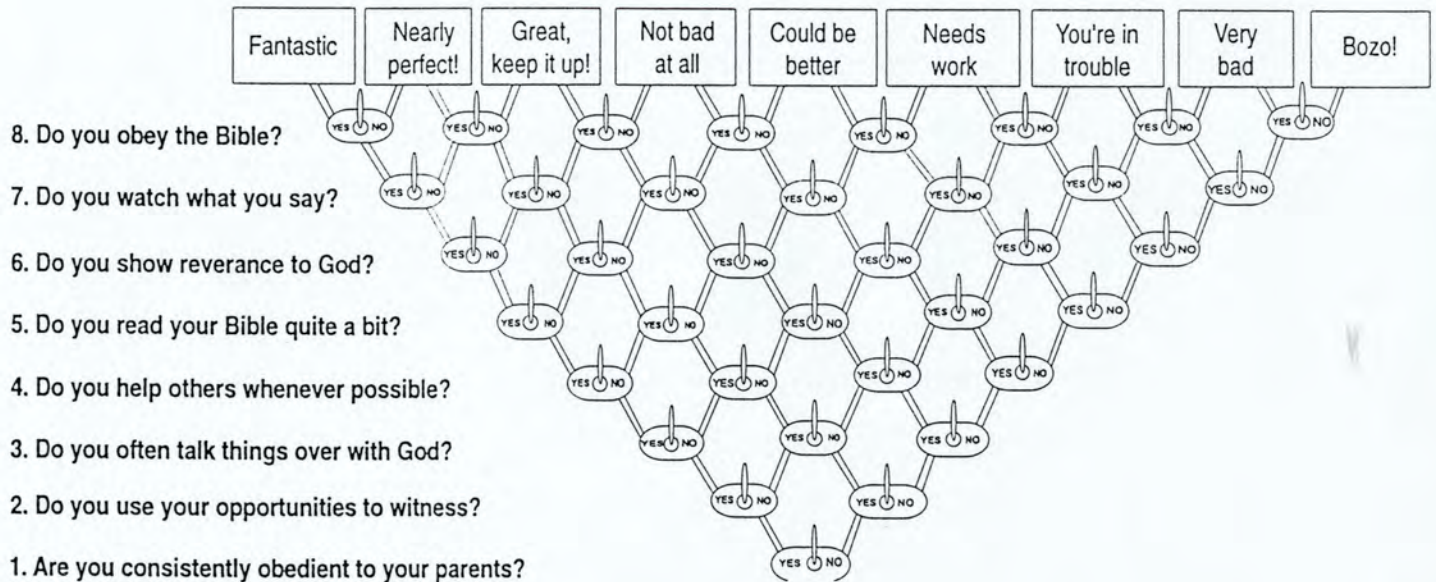
If you were to eliminate an activity that you know is a waste of time, what would it be?

TEMPER: "*Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: for the wrath of man worketh not the righteousness of God.*"
— James 1:19-20

If you developed the habit of immediately closing your eyes and praying when someone angers you, do you think it would help? Why or why not?

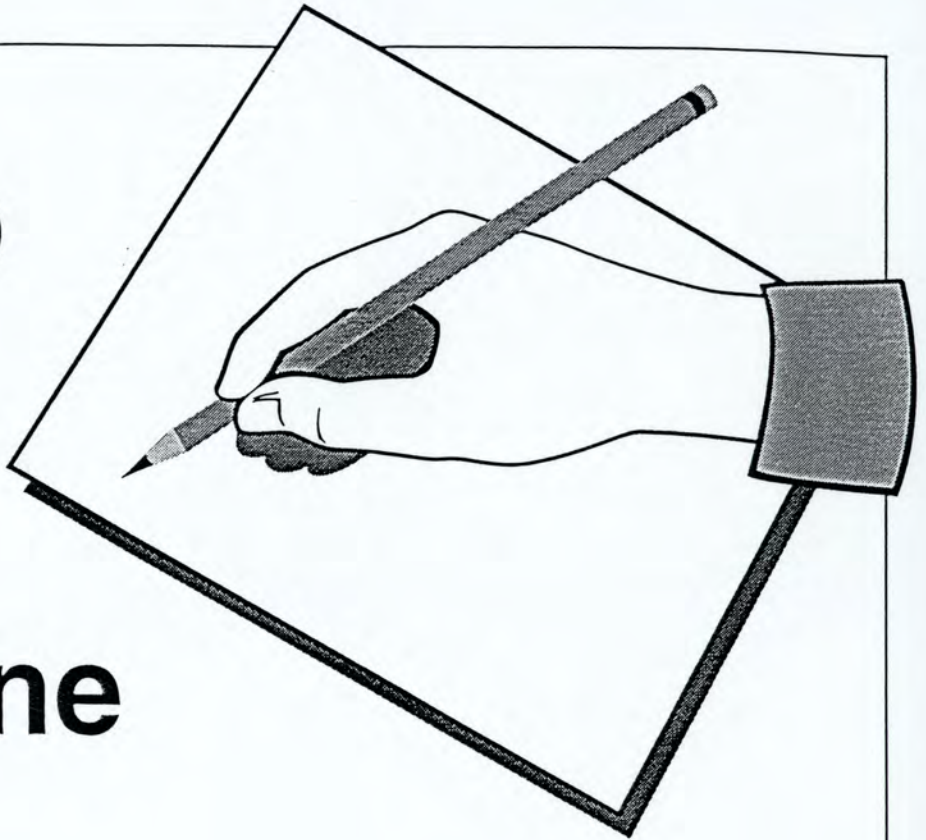
Self-Discipline Rate-O-Meter

The Self-Discipline Rate-O-Meter is easy to use. Here's how: Starting at the bottom of the form with question #1, answer each question yes or no. Use your pencil or pen to follow the path of switches that your answers lead you on. The path will lead you higher and higher until you reach the top level. There you'll find your "Self-Discipline Rating!" Isn't science wonderful!



Now that you know your self-discipline condition: The eight questions on the Rate-O-Meter are a broad sampling of the sort of things a spiritually self-disciplined Christian will do. Making a habit of such things as Bible study, prayer, and obedience will make you a spiritually alive and growing Christian. It makes no difference how old you are--it's never to late to begin developing a consistently disciplined Christian life!

Sign Up On Self Discipline



I often put off doing my homework. _____

I can't resist the temptation to buy new clothes. _____

I frequently run out of allowance. _____

When I see chocolate, I just can't pass it up! _____

I rarely get up when my alarm clock first rings. _____

I have a hard time sticking to a diet. _____

I know I should exercise regularly, but I find it difficult. _____

When I talk on the phone, I often lose track of time. _____

I put off cleaning my room until absolutely necessary. _____

It's easy for me to day-dream when I should be thinking. _____

I'm often late. _____

I have a lot of incomplete projects around home. _____

I've made some New Year's resolutions I haven't kept. _____

When I pick up a book, I forget everything else. _____

I often put off practicing my instrument. _____

Self-Discipline

Object Lesson 1:

Display a beautifully wrapped box labeled "DO NOT OPEN TIL CHRISTMAS".
Ask students: How would you show discipline?

Object Lesson 2:

Bring a violin or a piece of sports equipment to show how a person must discipline themselves to practice, or they'll never learn.

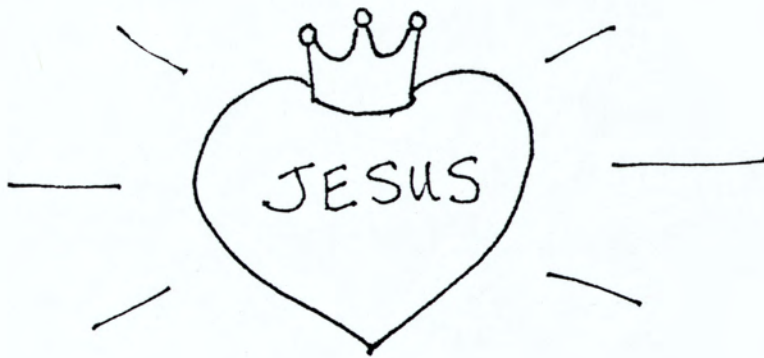
Object Lesson 3:

Illustrate to older students the discipline involved in obtaining a driver's license.
One must read the book before attempting to take the written test successfully.

Object Lesson 4:

Bring a worn pair of running shoes and discuss how Olympic athletes and marathon runners must discipline themselves: to exercise and eat right, avoiding harmful foods, making sure they get plenty of sleep.

Illustrate the Key Verse



Spend some time illustrating and explaining the key verse. Review basic Salvation. (How can I get rid of the sin in my heart?)

Ask students: Some people say you can have Jesus in your heart and still sin. What do you think?

Let's look at what the Bible says – have students look up and read I John 1:9 and I John 3:9.

Use an example from your own childhood, how before you were saved, you wanted to do right but just *couldn't*. For example:

- stealing money from Mom's purse
- telling lies to avoid getting in trouble
- telling a lie to get a reward you didn't deserve
- gossiping
- cheating on a test
- getting into a fight when you could have avoided it

Contrast with a similar situation after you got saved, making the point that (whether in childhood or adulthood) God gave you the power to do right, that sin no longer reigned in your body.

Talk about how we, as Christians, still need to discipline ourselves, but it is God that gives us power to live without sinning. Some people are naturally more disciplined than others, but no one can live without sinning unless Jesus comes in and gives him a new heart.