

“Discipline over Regret”

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

John 16:33 (NLT)

Discipline is choosing between what you want now and what you want most.

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

Romans 7:15 (NLT)

¹⁸ *And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't.* ¹⁹ *I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.*

Romans 7:18-19 (NLT)

²¹ *I have discovered this principle of life - that when I want to do what is right, I inevitably do what is wrong.* ²² *I love God's law with all my heart.* ²³ *But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.* ²⁴ *Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?* ²⁵ *Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.*

Romans 7:21-25 (NLT)

Choosing Discipline over Regret:

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! ²⁵ *All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.*

1 Corinthians 9:24-25 (NLT)

Run to win.

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

Hebrews 12:1 (NLT)

Start training now.

SO WHAT?

What do you want most?

What do you need to choose now to achieve what you want most?

²⁶ *So I run with purpose in every step. I am not just shadowboxing.*

²⁷ *I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.*

1 Corinthians 9:26-27 (NLT)

Choose no regrets.

Growth Group Questions

(Questions and Scriptures for further study)

1. What is the hardest to pass up? A tasty treat, a great sale, or mindless binge-watching?

2. Have you ever signed up for a gym membership? How long did you go to the gym?

If you stopped going, why?

3. Tell of a time you choose the pain of Discipline in an area of your life. What was the result?

Tell of a time you had to deal with the pain of regret because you weren't disciplined in some area of your life. What was the result of that?

4. Re-read Romans 7:15, 18-19, &21-25. What is an area of your life you just can't seem to get under control even though you know what you should do?

5. Re-read 1 Corinthians 9:24-27. What does it look like for you to get disciplined in your training in an area of your life where you lack Discipline?

How can you "run with purpose in every step?"

6. Share your answers to the 2 SO WHAT Questions.

What will your life look like in 5 years if you don't make changes in your life to embrace discipline?