

The Discipline Effect

Fruit of the Spirit – Gal. 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance:

Temperance = moderation or self-restraint in action, self control...DISCIPLINE

II Tim. 3:1-5 1 This know also, that in the last days perilous times shall come. 2 For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, 3 Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, 4 Traitors, heady, highminded, lovers of pleasures more than lovers of God; 5 Having a form of

godliness, but denying the power thereof: from such turn away .

Incontinent - lacking in moderation or self-control,
NIV, NKJV and ESV = without self-control

The Butterfly Effect

The butterfly effect refers to the idea that a butterfly's wings might create tiny changes in the atmosphere that may ultimately alter the path of a tornado or delay, accelerate or even prevent the occurrence of a tornado in another location. Note that the butterfly does not power or directly create the tornado. The flap of the wings is a part of the initial conditions; one set of conditions leads to a tornado while the other set of conditions doesn't. **The flapping wing**

represents a small change in the initial condition of the system, which causes a chain of events leading to large-scale alterations of events

This is what discipline does, it changes the initial condition of which we are, in return causes a chain of events leading to large-scale alterations in our life!!

Self-control is really about bringing our whole life under the Holy Spirit's control.

Discipline -behavior in accord with rules of conduct; behavior and order maintained by training and control: good discipline in an army.

One of the greatest acts of discipline/self control a person can

display in his or her life is **(Fleeing temptation)**

Train for it – Fasting - Is denying your flesh what it desires, so that denying your flesh becomes second nature.

1 Cor. 9:24 Know ye not that they which run in a race run all , but one receiveth the prize? So run , that ye may obtain .

25 And every man that striveth for the mastery is **temperate in all things** .

Now they do it to obtain a corruptible crown; but we an incorruptible. **26** I

therefore so run , not as uncertainly; so fight I , not as one that beateth the air:

27 But I keep under my body, and bring it into subjection **:**

WHY

lest that by any means , when I have preached to others, I myself should

be a castaway.

Self-denial, delayed gratification, is the ability to resist the temptation for an immediate reward and wait for a later reward. Generally, delayed gratification is associated with resisting a smaller but more immediate reward in order to receive a larger or more enduring reward later.

The Domino Effect

The **domino effect** is a chain reaction that occurs *when a small change causes a similar change nearby, which then causes another similar change, and so on*

God's Spirit is the power source behind self-discipline.

Dr. Ken Boa on Self Discipline

Many people think self-discipline is simply a matter of trying harder. Yet the Bible speaks of self-discipline as a fruit of the Spirit. Plants don't produce more fruit by trying harder. Transformation is the work of God done with our cooperation. God supplies the power, but there is a direct correlation between the amount of transformation taking place and the types of activities a follower of Christ engages in.

(Dr. Ken Boa)

Consider the difference between piloting a motorboat or a sailboat. We can run a motorboat all by ourselves. We can fill the tank and start the engine. We are in control. But a sailboat is a different story. We can hoist the sails and steer the rudder, but we

are utterly dependent on the wind. The wind does the work. If the wind doesn't blow – and sometimes it doesn't – we sit still in the water no matter how frantic we act. *Our task is to do whatever enables us to catch the wind.*

(John Ortberg, *The Life You've Always Wanted*. Grand Rapids: Zondervan, 1997, pp. 55-56)

Example of Bible Character, No Discipline

Samson

Judges 13:3 And the angel of the LORD appeared unto the woman, and said unto her, Behold now, thou art barren, and bearest not: but thou shalt conceive, and bear a son. 4 Now therefore beware, I pray thee, and drink not wine nor strong drink, and eat not

any unclean thing: 5 For, lo, thou shalt conceive, and bear a son; and no razor shall come on his head: for the child shall be a Nazarite unto God from the womb: and he shall begin to deliver Israel out of the hand of the Philistines.

1. Samson was called to begin the deliverance of Israel
2. God's spirit was upon his life from conception
3. He possessed God-given gifts to accomplish his calling

2. Samson cared more about pleasing himself, than pleasing God.

Luke 9: 23 And he said to them all, *if any man will come after me, let him deny himself, and take up his cross daily, and follow me.*

If you will follow Jesus, [You must, deny yourself, and except your calling/your purpose](#)

Ability, talents and gifts do not guarantee success

Inspiration and talent will only carry you so far. The habits you form will sustain you. One fall, in the panhandle of Texas, the local high school football team was enduring a terribly embarrassing season. Week after week, the hometown would show up and cheer to no avail; it was embarrassing. Finally, a wealthy oil man could take it no longer. The week before the homecoming game against their arch-rivals, he asked to address the team. “Boys,” he began, “when I wore the green and gold, we won nearly every single game. Now look at you. You’ve become a joke! You need some motivation. So here’s my proposition. You win this one

game, and I will personally buy each of you a brand new pickup truck.”

Those student-athletes began to think and dream about how fine they would look driving around in their new trucks. They obsessed over which girls would ride in them and whether or not they would get bumper stickers. They were so excited about the prospect of driving a truck with that “new car” smell. They hung a big poster of a truck in the locker room. And they went out and lost the game 38-0.

Example of Bible Character, Great Discipline

Daniel

What if your world was just turned upside down? You're over taken by another nation, at a young age your kidnapped and trained to serve a pagan king. In the process, you are ordered to

eat food and drink wine that goes against your beliefs and spiritual convictions. What would you do?

Daniel 1: 8 But Daniel **purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank:**

therefore he requested of the prince of the eunuchs that he might not defile himself.

Daniel knew that eating the Kings delicacies would only lead to sin and compromise in his spiritual life.

King Nebuchadnezzar new exactly what he wanted, and Daniel fit the bill. He had talent, was good looking, wise, and quick to learn, he ate right, was a good student, and was faithful to God.

What if King Nebuchadnezzar invaded

Indianapolis, would you be valuable enough to be kidnapped? Aren't sure? Do parts of your life need improving?

Daniels diet supported his disciplined life. No, vegetables wouldn't necessarily make him smarter, but obedience to God would secure Gods blessing.

(Proverbs 31:10-31) A person who disciplines his or her character is one who:

1. Is noble and greatly valued (v. 10).
2. Gets the job done regardless of what it takes, and has the full confidence of others (v. 11).
4. Works hard enough to make a profit (vv. 11-15).
5. Delays gratification and pleasure to invest his or her profits and then tirelessly works his or her investments for maximum return (vv. 16-19).

6. Generously participates in the larger community by sharing his or her profits with the needy (v. 20).

7. Has no fear of the future (vv. 21-27).

8. Is honored, respected, admired, praised and rewarded (vv. 28-31).

Choose to do what is necessary at the point of action even though you don't feel like it, because you are well aware of the impact it will have upon you. **(Both Negative if you don't and Positive if you do)**

*Choosing to live, as the Bible is true in spite of my feelings to the contrary.

Closing Question's

1. What do you want

2. What is the cost

3. Am I willing to pay the price