



Part 4: Self-Discipline

Pastor Grant Fishbook

August 21 & 22

Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem.

– Richard Foster

God has offered us the gift of salvation by faith:

For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— not by works, so that no one can boast. For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. – *Ephesians 2:8-10*

After receiving the gift, a response is required:

In the same way, faith by itself, if it is not accompanied by action, is dead. – *James 2:17*

Self-discipline is my “inside-out” response to God’s gift:

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

– *1 Corinthians 9:24-27*

10 Areas of Spiritual Self-discipline

1. Reading, studying and memorizing the Bible

Psalm 119:11; 2 Timothy 2:15; 2 Timothy 3:16-17

2. Meditation and application of the Bible

Psalm 1:2; Psalm 77:12; Psalm 119:9; Psalm 119:105

3. Having an ongoing, honest conversation with God (Prayer)

Ephesians 6:18; 1 Corinthians 14:2; 1 Corinthians 14:13-14

4. Fasting

Joel 2:12; Acts 14:23; Luke 5:35

5. Solitude

Mark 6:31; Luke 5:16; Psalm 131:2

(Continues on back)

6. Living in community

Acts 2:42, 46; Ephesians 4:11-12

7. Living a life of worship

Romans 12:1; John 4:23-24

8. Keeping a faith record (Journaling)

Isaiah 46:9; Proverbs 16:24

9. Sharing your faith with people who don't know Jesus

Psalms 145:4; Romans 10:15

10. Strategic service

Ephesians 6:7; Galatians 5:13; 1 Timothy 3:13

Next Steps

Set a challenging but realistic goal in one of the 10 areas of self-discipline and share that goal with someone you trust. Give that person permission to check back in on a regular basis and see what investment and progress you are making over time.

On Your Way Home

Take a moment with your own thoughts. What was the last promise you made to God? Did you keep it? If you are still on track, praise God! If not, what knocked you off course and how can you correct that?

Small Group & Personal Reflection Questions



- 1) Do you have a piece of exercise equipment that you were going to use once upon a time, but never did? What kept you from getting started and staying the course? Just for fun: what is the equipment being used for now?
- 2) Describe an area of your life in which you are extremely self-disciplined? How about an area where you are extremely weak in self-discipline?
- 3) What are some of the predictable ways the devil attempts to knock us off course in our spiritual disciplines? How can we get back on track?
- 4) In which of the ten disciplines are you seeing some major spiritual victories? Are there any disciplines you've never attempted that you would like to be held accountable for in getting started?
- 5) Have you seen your spiritual self-disciplines build your spiritual strength? In what ways?
- 6) How can we pray for you tonight?