

LONE STAR FAITH

Men's Bible Study – Session 3

Discipline – what a horrible word! And something we all love to avoid.

It's all about what I'm supposed to do but don't want to do.

When I meet people more disciplined than me, on one hand I'm inspired,
on the other, disheartened.

Yet things that begin as sheer disciplines in my life can often
become pleasing habits or hobbies (ie. sports, music)

Discipline brings progress and eventually results in freedom.

Discipline is all about delayed gratification.

It has value even if I have a bad attitude about it.

When it's part of my lifestyle, what began as a discipline, became a pleasure.

That's especially true of certain private spiritual disciplines that stimulate my faith.

It's part of my spiritual journey that I'll thank myself later for doing!

DISCUSSION QUESTIONS

Session 3 – Private Disciplines

1. If you hear that someone has a lot of self-discipline, or is 'disciplined,' what comes to mind?
2. Is someone who has a lot of discipline, a person you would enjoy knowing and being around, or someone you would avoid?
3. When it comes to discipline, in what areas of life do you struggle most?
4. Growing up, were you encouraged to develop habits that could be described as private spiritual disciplines – such as prayer, devotions, giving, fasting...?
5. Have any of them 'stuck' with you into adulthood? Why or why not?
6. What are some ways to start good spiritual habits and disciplines?

We naturally resist disciplines. Recognizing that and meeting it head on is good. Because faith is like a muscle; the more you exercise it, stretch it – the stronger it gets. Practicing spiritual disciplines in our lives results in drawing close to God. And the closer we get to God, the more freedom there is!

All self-imposed boundaries are a form of discipline. Consider a relationship without boundaries. Imagine a marriage in which neither partner practices the discipline of self-control; that marriage would eventually dissolve.

Our relationship with God shares a similar dynamic. Abandoning spiritual disciplines leaves God in the periphery of our lives. Practice them regularly, and they draw us into a close relationship with our Creator.

- **This week – what's one spiritual discipline I will begin to work on that I've been neglecting?**