

30 DAYS TO SAVE YOUR FAMILY

Discipline

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Connect

20 Minutes

1. How would you describe the discipline style of your family when you were growing up? Was it consistent or inconsistent? Harsh consequences or a slap on the wrist? Preferential treatment for some or evenly applied? Was it less strict for later additions to the family?
2. When it comes to personal discipline, how would you rate yourself on a scale of 1 to 10 (1 is "I'm a loser and can't follow through on anything" and 10 is "I'm so in control I'll be qualifying for the 2012 Olympic Games")

Grow

30 Minutes

We live in a world that is "adrift without discipline." Whether you're married or single, a parent or not, discipline is a topic that affects every one of us. You may have never stopped to think about it or you may think about it all the time, but the lack of discipline is at the heart of a lot of struggle today.

The Apostle Paul wrote about the importance of discipline in his own life more than once. We looked at his up and down experience in Romans 7 in week three of our study (See Romans 7:15-25). Listen to his words to the early Christians in Corinth:

"Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 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. So I run with purpose in every step. I am not just shadowboxing. 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 9:24-27 (NLT)

3. Paul makes the point that "everyone runs." Why is it important to "run to win?"
4. When you think about your own life, how many of *your* steps are "run with purpose?" Why?
5. If you're like most people, there have been times in your life when you've been more disciplined than others. What helped you have greater discipline in those seasons?



6. What was Paul's motivation to live a disciplined life?
7. "I will be careful to live a blameless life, when will you come to help me. I will lead a life of integrity in my own home." Psalm 101:2 NLT

It's one thing to be motivated. It's another thing to act on your motivation. What keeps you from following through on things you are motivated to do?

8. Although some people are pre-wired for self-control, most of us need the encouragement of a friend (or even a group of friends). Who provides the encouragement you need?

"Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble."
Ecclesiastes 4:9-10

Surrender

15 Minutes

9. If your group is larger than 6 people, consider sub-grouping for prayer this week. Best practice is to make this time guys with guys and gals with gals. Before you pray tonight, take a few minutes to allow your group members who are comfortable sharing to
 - a. share an area where you need help
 - b. share a recent step in the right direction
10. Although your group members may be new to each other, commit to touch base in the next few days. Exchange phone numbers or email addresses with another group member and then make a point of checking in before your next meeting.

For further study:

- Hebrews 12:5-11
- Romans 7:15-25