



DISCIPLINE



<p><u>Where am I?</u> Rate your self on how disciplined you are in the 4 main areas,...</p> <ul style="list-style-type: none"> • Spiritual _____ • Physical _____ • Financial _____ • Relational _____ <p>0 being very undisciplined and 10 being highly disciplined.</p> <p>Which area are you strongest? What helps you stay strong in this area? Which are you needing to grow most in?</p>	<p><u>Spiritual Discipline</u> What would delayed gratification (or pay-off) look like with spiritual discipline? What is standing in the way of you growing in this area and how can you remove those obstacles? What advanced decisions can you make to exercise stronger discipline in this area?</p> <p>Take time today to set reasonable starting points for this area. This is the greatest place to start...a task isn't able to be accomplished if you don't begin with God first!</p>	<p><u>Physical Discipline</u> What would delayed gratification (or pay-off) look like with physical discipline? What is standing in the way of you growing in this area and how can you remove those obstacles? What advanced decisions can you make to exercise stronger discipline in this area?</p> <p>Today you need to carry on with your spiritual goals and add at least one physical goal too. Start at a reasonable pace. Remember, you can always modify the goals as you grow.</p>	<p><u>Financial Discipline</u> What would delayed gratification (or pay-off) look like with financial discipline? What is standing in the way of you growing in this area and how can you remove those obstacles? What advanced decisions can you make to exercise stronger discipline in this area?</p> <p>When setting your financial goals, keep in mind you may not have money coming in regularly but set the goals anyway as an act of advanced decision making so that you can achieve them as money does come in.</p>	<p><u>Relational Discipline</u> What would delayed gratification (or pay-off) look like with relational discipline? What is standing in the way of you growing in this area and how can you remove those obstacles? What advanced decisions can you make to exercise stronger discipline in this area?</p> <p>This area is a little tougher to set goals because you have many relationships that will require different goals. Start with things that relate to all relationships, such as getting rid of "little lies" or "taming the tongue" a little more often. As you progress, you can set goals that God lays on your heart with individuals.</p>	<p><u>Staying out of the box</u> Staying out of the box like we discussed at youth camp requires discipline. Read Proverbs 1:1-7. What does the bible say marks the life of a person growing in wisdom? It tells us that fools despise instruction and wisdom. How does this relate to living a more disciplined life?</p> <p>Today take time to make sure you are following the plan for the goals you have set. Post these goals somewhere in your room as a reminder. (This is a perfect example of advanced decision making so you do not lose sight of your goals and so you can stay out of the box!)</p>	<p><u>Discipline is a daily choice</u> But it does not have to be a daily struggle. That is not to say that it won't ever be difficult. The enemy would love to put us back in our box! Continue to press forward by sticking with the goals you have set for yourself in each area. If you find that your goals were set too high to begin, readjust them, but DO NOT ABANDON THEM!</p> <p>Focus on the delayed gratification that comes with a life of discipline. Read Proverbs 2:1-12 to see what God has promised to those who seek wisdom and continue to grow in Him.</p>
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