

HOLISTIC FREEDOM

Developing Spiritual Discipline

KEY VERSE:

Freedom is what we have; Christ has set us free! Stand, then, as free people, and do not allow yourselves to become slaves again. Galatians 5:1 (Today's English Version)

LESSON FOCUS: Believers are called to live a life of freedom.

DISCUSSION:

- *“Treat a man as he appears to be and you make him worse. But treat a man as if he already were what he potentially could be, and you make him what he should be.” -- Johann Wolfgang von Goethe*
(“The Number 10 Principle”- Winning with People by John C. Maxwell, p. 105)

DEFINITION OF DISCIPLINE:

Discipline, simply defined, is training for life.

Importance of Discipline – (I Corinthians 9:24-27)

- Discipline does not come naturally; it must be developed.
- The goal of external discipline is to help us develop internal, self-imposed discipline.

Six Consequences of Poor Discipline – (1 Samuel 2 and 3)

- Irreverence
- Unruliness
- Lack of commitment
- Dangerous living
- Missed blessings
- Wasted abilities

The Cost of Spiritual Discipline

- The cost of following Jesus (*John 8:31*)
- Discipline is contrary to our nature (*Romans 7:15*)
- Discipline is often painful, but always valuable (*Hebrews 12:6, 10, 11*)

Ten Ingredients of a Disciplined Spiritual Life

- **D** – Daily attention to your spiritual life (*Psalms 63:1*)
- **I** – Inspired by God's vision for your life (*Proverbs 29:18*)
- **S** – Systematic practices for a well-balanced training plan (*Colossians 3:17, 23-24*)
- **C** – Commitment-driven vs. emotion-driven (*Proverbs 16:3*)
- **I** – Incremental growth expectations (*Psalms 27:11-14*)
- **P** – Perspective in failure (*Proverbs 24:16*)
- **L** – Life-long process (*James 1:2-4*)
- **I** – Interesting through keeping variety (*Psalms 150*)
- **N** – Necessary to say “No” (*Daniel 1:8-12*)
- **E** – Encouragement by celebrating God-given victories (*Psalms 18:46-50*)

Rewards of Spiritual Discipline

- An eternal crown (*I Corinthians 9:25*)
- Godliness in the present and future (*I Timothy 4:7-8*)
- A harvest of peace and righteousness (*Hebrews 12:11*)
- Freedom from bondage (*Hebrews 12:9*)