

Jim Rohn: Discipline is the bridge between goals and accomplishments. Our text: Paul gives his key to success in life/ministry: Self-discipline.

## **I. THE LACK OF SELF-DISCIPLINE**

A. Paul speaks about the prize: *The goal you are aiming for*

1. Winners laurel wreath given to athletes: *Glory/freedom from taxes*
  - a. Athletes chose their prize – and aimed their lives at it: it was not automatic
2. Our prize that has been chosen for us by God: You must choose what God has chosen for you!
  - a. ***Philippians 3:12*** ... that I may lay hold of that for which Christ Jesus has also laid hold of me
3. The largest determining factor in reaching the prize – is you! I run/I fight/I discipline...

B. What keeps men from the prize is a lack of discipline

1. **Lack of discipline is the result of self-satisfaction**

- a. Doing what brings fulfillment & gratification in the present *Sleeping in/being lazy/playing/wasting time*
  1. ***Philippians 2:21*** For all seek their own, not the things which are of Christ Jesus.
2. Self-satisfaction brings the pain of regret: *Willing to accept less achievement and success in the long run*
  - a. *You will regret you aren't doing the will of God* b. *Will regret you can't have what you want*
    1. *The pain of self-discipline will never be as great as the pain of regret*

## **II. THE NEED FOR SELF-DISCIPLINE**

A. Paul tells what is required to reach the prize/the goal: Self-discipline

1. ***V27 But I discipline my body and bring it into subjection...***

- a. *Hit under the eye; Trip up your opponent & get on ground & make him surrender*

2. Very simple truth about self-discipline; It is painful – it is not enjoyable! *Undisciplined do what they enjoy*

a. **The pain of not doing what you feel like doing:** *I would rather be doing this or that...*

1. ***V25 And everyone who competes for the prize is temperate in all things.***

- a. *Strength over yourself/to contain: Lust/anger/overspending/overeating/eating unhealthy junk*

b. **Often based on emotions:**

b. **The pain of doing what you do not feel like doing:** *V27 But I discipline my body and bring it into subjection...*

1. *Getting out of bed/going to work/studying when you feel like playing/relaxing*

3. Discipline is how you get to the prize: Jim Rohn: Discipline is the bridge between goals and accomplishments.

a. *Author and former Navy Seal Jocko Willink suggests that discipline is freedom. What he means by that is by setting strict routines, keeping a tight schedule, and maintaining self-control leaders avoid the distractions, procrastination, and disarray that undermine success.*

## **III. THE POWER OF SELF-DISCIPLINE**

A. Self-discipline is possible: God would never tell us to do what we cannot do

1. **You have to decide what you want:** *V24 the prize*

2. **You need to ask God for help:** *God can change people! he loves to help His children*

3. **You need to confront your lack of self-discipline:** *Judge it – don't excuse it or compare yourself*

a. ***Colossians 3:5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Lack of self-discipline is your enemy!***

4. You need to start small so you can be consistent: *If you start small – you can always increase!*

a. *Experts say that when you do a specific thing repeatedly for 21 consecutive days, it will become a lifetime habit for you.*

1. *Getting up early is a habit now: I can't sleep in!*

B. The pain of self-discipline brings joy later on

1. You like how you feel 2. You can see the benefits/results 3. You know God is pleased