

THE NEED FOR MANLY CHRISTIAN DISCIPLINE or I BUFFET MY BODY AND MAKE IT MY SLAVE or WHAT IS JIMMY'S LAST NAME? 1 Corinthians 9:24-27

INTRODUCTION: The Christian life is one of discipline.

Titus 1:8-9 "An overseer, as God's steward, must be...*disciplined*."

1 Timothy 4:7 "Have nothing to do with irreverent, silly myths. Rather *train yourself for godliness*."

1 Timothy 4:8 "while bodily training is of some value, *godliness is of value in every way*, as it holds promise for the present life and also for the life to come."

Proverbs 5:22-23 "22 The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin. 23 *He dies for lack of discipline*, and because of his great folly he is led astray."

Peter Vinke: "Whatsoever grace you would have strong and lively in the soul, let it be conscientiously and frequently exercised, and it will become so: this hath many a [proof] amongst the children of God."

If I were to peg one of the things I see most frequently in weak or immature saints, and especially in weak or immature in men, it is this: *a lack of discipline*. Spiritual habits take personal discipline to form and maintain.

You and I must be as *disciplined* to spiritually eat as we are to physically eat. You and I must be as *disciplined* to spiritually clothe ourselves with good works as we are to physically clothe ourselves. You and I must be as *disciplined* to meet the needs of others as we are to meet our own.

As men go, so goes the home. As men go, so goes the church. As men go, so goes society. We need to be men who "Act like men," and men are disciplined.

If you are *not* disciplined like God has commanded you, God will not be glorified through you as He deserves, you will not be happy as you should be, your family will not be holy as it should be, society will not be as just as it could be, and you will waste your days which leads to a wasted life.

If you *are* disciplined like God has commanded you, God will be glorified through

you, you will be happy in Christ, your family will be holy and happy, and you will not waste your life.

TEXT: 1 Corinthians 9:24-27 "24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly; I do not box as one beating the air. 27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."

DOCTRINE: If you are going to be disciplined as God has commanded in Scripture, your life will look like a grueling race, intense athletic training, a focussed race, a boxing match, and slave-driving.

I. If you are going to be disciplined, you must strive hard, exerting yourself (1 Corinthians 9:24)

II. If you are going to be disciplined, you must be intentionally self-controlled (1 Corinthians 9:25)

III. If you are going to be disciplined, you must not run uncertainly or aimlessly (1 Corinthians 9:26a)

IV. If you are going to be disciplined, you must really fight, not play at it (1 Corinthians 9:26b)

V. If you are going to be disciplined, you must buffet your body and make it your slave (1 Corinthians 9:27a)

QUESTION: *How do I offer holy violence to myself? That is to ask how do I buffet my body and make it my slave?*

ANSWER I: If you are going to say with Paul "I buffet my body and make it my slave" you must mortify your sin.

I. You must mortify. Colossians 3:5: "Put to death...what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry."

II. You must continually mortify. Galatians 5:24: "Those who belong to Christ Jesus have crucified the flesh with its passions and desires."

III. You must viciously mortify. Matthew 5:29-30: "29 If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell."

Thomas Watson: "Withdraw the fuel that may make lust burn. Avoid all temptations. Take heed of that which nourishes sin. He who would suppress the gout or stone, avoids those meats which are noxious. Those who pray that they may not be led into temptation, must not lead themselves into temptation."

IV. You must Spiritually mortify; that is, with the Sword of the Spirit and by the strength of the Holy Spirit. Romans 8:13: "For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live."

V. You must mindfully mortify; that is, with the eyes of your heart fixed on Christ Jesus. Colossians 3:1-5: "1 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God. 4 When Christ who is your life appears, then you also will appear with him in glory. 5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry."

ANSWER II: If you are going to say with Paul "I buffet my body and make it my slave" you must devote yourself to spiritual duties.

(I) You must "buffet you body" by reading the Word. Psalm 119:5: "Your word is a lamp to my feet and a light to my path." How can you have the light of the lamp if you never pick it up?

(II) You must "make your body your slave" by hearing the Word. Luke 19:48: "All the people were hanging on [Christ's] words." **Jesus commands ministers to "preach the word" in 2 Timothy 4:2,** therefore, by implication, you are commanded to listen to it.

(III) You must "buffet you body" by prayer. Psalm 88:1: "O Lord, God of my salvation, I cry out day and night before you. Let my prayer come before you; incline your ear to my cry!"

(IV) You must "make your body your slave" by meditating on the Word. Psalm 119:97: "Oh how I love your law! It is my meditation all the day."

Thomas Watson in *Heaven Taken By Storm*: "I) Meditate seriously upon the CORRUPTION of your nature. **II)** Meditate seriously upon THE DEATH AND PASSION OF CHRIST. **III)** Meditate on your EVIDENCES for heaven. **IV)** Meditate upon THE UNCERTAINTY OF ALL EARTHLY COMFORTS. **V)** Meditate on GOD'S SEVERITY AGAINST SIN. **VI)** Meditate on ETERNAL LIFE." I would simply add, **VIII)** Meditate seriously on THE LAW OF GOD AND THE PROMISES OF GOD. **IX)** Meditate seriously on the ATTRIBUTES OF GOD.

(V) You must "buffet your body" by self-examination. 1 Corinthians 11:28: "Let a person examine himself, then, and so eat of the bread and drink of the cup."

(VI). You must "make you body your slave" by sanctifying the LORD's day. Hebrews 10:24-25: "24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

(VII) You must "buffet your body" by holy fellowship and conversation. Psalm 1:1: "Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers..." **Colossians 3:16:** "Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom..."

VI. You and I must preach this and we must practice what we preach (1 Corinthians 9:27b)

CONCLUSION

Proverbs 5:22-23 "22 The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin. **23** *He dies for lack of discipline,* and because of his great folly he is led astray."

ACT LIKE MEN - SUMMER 2022 - The Godly Man's Picture

WEEK	DATE	Topic of Training	A Godly Man's Picture by Thomas Watson (read before)
	June 6th	<i>Personal Stewardship: What Is Jimmy's Last Name?</i> Brett Baggett	Introduction to the book: how we are going to read and discuss it.
1	June 13th	<i>Bodily Stewardship: Eating and Exercise</i> Nathan Yarbrough	To the Reader, 1. Psalm 32:6, 2. Expounding the Nature of Godliness, 3. A Reproof to Such as are Only Pretenders to Godliness. *14 pages
2	June 20th	<i>Familial Stewardship: Physical Provision and Protection</i> Brett Baggett	4. Showing the Characteristics of a Godly Man. (i) A Man of Knowledge, (ii) A Man Moved by Faith, (iii) A Man Fired With Love, (iv) A Man Like God, (v) A Man Careful About the Worship of God, (vi) A Man Who Serves God not Men. *24 pages
3	June 27th	<i>Financial Stewardship: Budget, Debt, Saving, Investment, and Giving</i> Mickey Buckmaster	(vii) A Man Who Prizes Christ, (viii) A Man Who Weeps, (ix) A Man Who Loves the Word, (x) A Man Who Has the Spirit of God Residing in Him. *33 pages
4	July 7th	<i>Creational Stewardship: Take Dominion</i> Brett Baggett	(xi) A Man of Humility, (xii) A Man of Prayer, (xiii) A Man of Sincerity. *26 pages
5	July 11th	<i>Vocational Stewardship: Purpose, Leading, Following</i> Brandon Allen	(xiv) A Heavenly Man, (xv) A Zealous Man, (xvi) A Patient Man. *25 pages
6	July 18th	<i>Marital Stewardship: Loving and Leading Your Wife</i> Brett Baggett	(xvii) A Thankful Man, (xviii) A Man Who Loves the Saints, (xix) A Man Who Does Not Indulge Himself in any Sin. *25 pages
7	July 25th	<i>Generational Stewardship: Training, Disciplining, and Instructing Children</i> Brett Baggett	(xx) A Man Who is Good in His Relationships, (xxi) A Man Who Does Spiritual Things in a Spiritual Manner, (xxii) A Man Thoroughly Trained in Religion. *21 pages
8	August 1st	<i>Chronological Stewardship: Make the Best Use of the Time</i> Corey Seitz	(xxiii) A Thankful Man, (xxiv) A Man Who Loves the Saints, 5. Two Conclusions About the Characteristics of a Godly Man, 6. An Exhortation to Godliness, (i) Let Men Seriously Weigh Their Misery While They Remain in a State of Ungodliness, (ii) What Rare Persons the Godly Are. *27 pages
9	August 8th	<i>Relational Stewardship: Relationships with the Opposite Sex</i> Mickey Buckmaster	(iii) To Strive for Godliness is Most Rational, (iv) The Excellence of Godliness, (v) There Are Only a Few Godly, (vi) Consider How Vain and Contemptible Other Things Are, 7. Prescribing Some Helps, 8. An Exhortation, 9. Motives, 10. Counsel. *21 pages
10	August 15th	<i>Spiritual Stewardship: Private, Family, Public, & Public Square Worship</i> Brett Baggett	11. Comfort to the Godly, 12. Showing the Mystic Union between Christ and the Saints. *30 pages