

Message: Flipside Week 3 – Discipline over Regret

Scripture: Romans 7:15, 18-19, 24-25 and 1 Corinthians 9:24-27

DISCIPLINE OVER REGRET

CHOICE 1 – REGRET.

“I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate... I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway... Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord.” Romans 7:15, 18-19, 24-25 (NLT)

CHOICE 2 – DISCIPLINE.

“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)

1. Live with purpose.

“So we tell others about Christ...we want to present them to God, perfect in their relationship to Christ. That’s why I work and struggle so hard, depending on Christ’s mighty power that works within me.” Colossians 1:28-29 (NLT)

2. Live with discipline.

3. Live with an eternal perspective.

REFLECTION QUESTIONS

1. What do you want most?
2. What do you need to choose now to achieve what you want most?