

The Disciplined — — Disciple

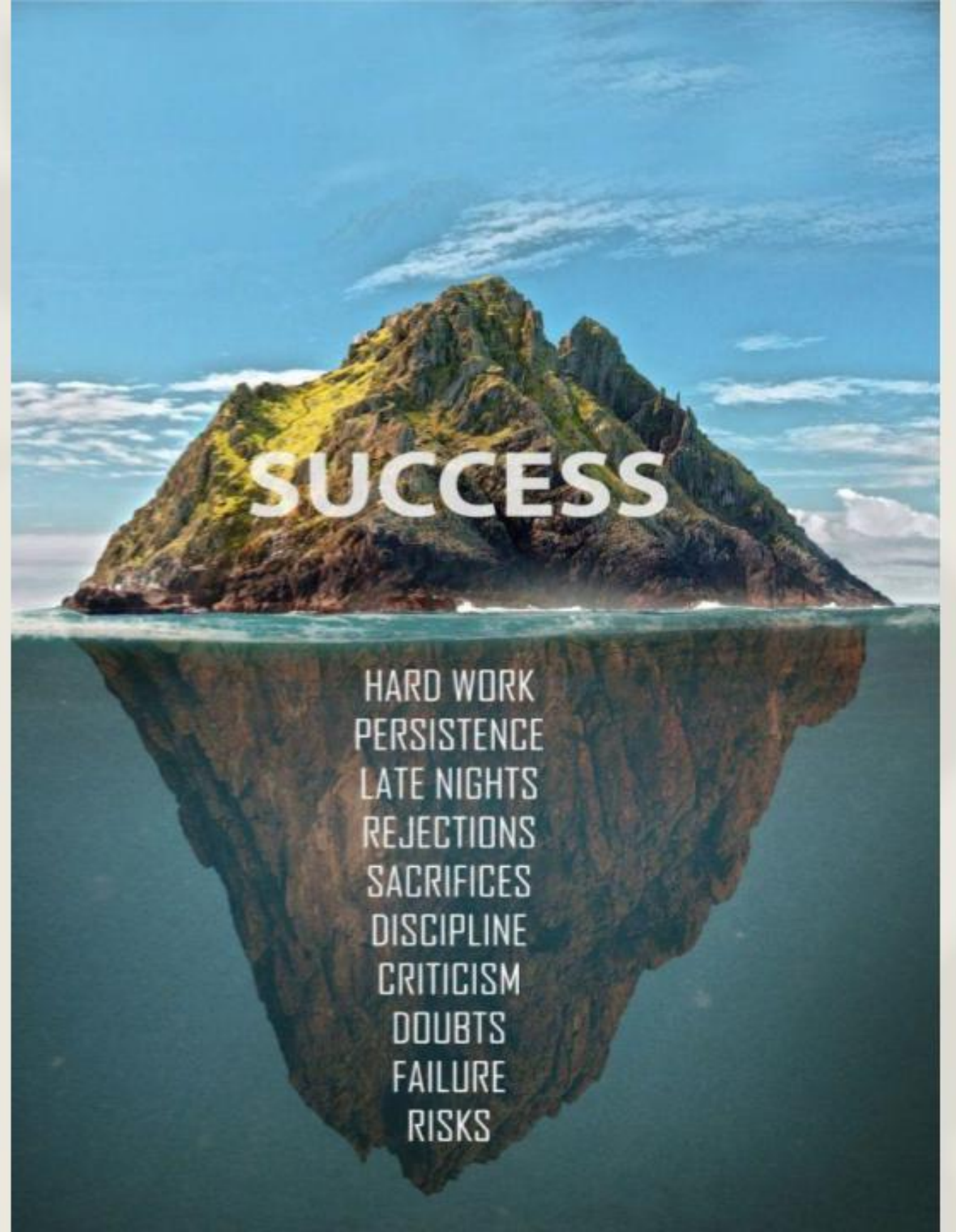


**Think about
something
you have
accomplished.**

— **Now, think
about what it
took to get
there.** —



You may
have gone
through...



Self-control

Correction

Discipline

1 Corinthians 9:24-27

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24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. 26 Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. 27 No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Michael Phelps's Training Routine

Wake up	6:00
Eat Breakfast (his first of ~9,000 calories)	6:30
Swim	7:00 - 9:00
Weightlift	9:00 - 10:00
Lunch	10:00 - 12:00
Nap	12:00 - 1:00
Swim	4:00 - 6:00
Dinner	6:00 - 8:00
Family Time	8:00 - 10:00

Romans 7:18 - 25

NIV 1984

18 I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, **but I cannot carry it out.** 19 For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing. 20 Now if I do what I do not want to do, it is no longer I who do it, but **it is sin living in me that does it.**

21 So I find this law at work: When I want to do good, evil is right there with me. 22 For in my inner being I delight in God's law; 23 but I see another law at work in the members of my body, **waging war** against the law of my mind and making me a prisoner of the law of sin at work within my members. 24 What a wretched man I am! **Who will rescue me** from this body of death? 25 Thanks be to God - through **Jesus Christ our Lord!**



Galatians 5:13-23

13 You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, **serve one another in love**. 14 The entire law is summed up in a single command: "Love your neighbor as yourself..."

...16 So I say, **live by the Spirit**, and **you will not gratify the desires of the sinful nature**...

...19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like...

...22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and **self-control**. Against such things there is no law.

Michael Phelps's Training Routine

Wake up	Prioritize Time with God
Eat Breakfast (his first of ~9,000 calories)	Consume the Word
Swim	“Serve one another in love”
Weightlift	“Live by the Spirit”
Lunch	Praying before Meals
Nap	Rest
Swim	“[Do] not gratify the desires of the sinful nature”
Dinner	The Fruits of the Spirit
Family Time	Engage with a Spiritual Community

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Numbers 20:6-11

6 Moses and Aaron went from the assembly to the entrance to the Tent of Meeting and fell facedown, and the glory of the Lord appeared to them. 7 The Lord said to Moses, 8 "**Take the staff**, and you and your brother Aaron gather the assembly together. **Speak to that rock** before their eyes and it will pour out its water. You will bring water out of the rock for the community so they and their livestock can drink." 9 So Moses **took the staff** from the Lord's presence, just as he commanded him. 10 He and Aaron gathered the assembly together in front of the rock and Moses said to them, "Listen, you rebels, must we bring you water out of this rock?" 11 Then Moses raised his arm and **struck the rock twice** with his staff. **Water gushed out**, and the community and their livestock drank.

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Numbers 20:12

12 But the Lord said to Moses and Aaron, "Because you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them."

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Hebrews 12:11

11 No **discipline** seems pleasant at the time, but **painful**. Later on, however, it produces a harvest of **righteousness** and **peace** for those who have been **trained** by it.

5 And you have forgotten that word of **encouragement** that addresses you as sons:

"My son, do not make light of the Lord's discipline,
and do not lose heart when he rebukes you,
6 because **the Lord disciplines those he loves,**
and **he punishes everyone he accepts as a son.**"

7 **Endure hardship as discipline;** God is treating you as sons. For what son is not disciplined by his father? 8 If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons.

**In what areas do you need to be
more spiritually self - controlled?**

Discipline

**How do you respond to
God's loving correction?**

