

St. Paul's Notes

CHRIST FOLLOWING

The Way Of Discipline

August 22, 2010

Philippians 2:12-16

I. _____ your Mind (vs. 5,12)

Romans 12:2

A. realizes your power
Philippians 4:13

B. releases your fruit
John 15:16

II. _____ the Flesh (vs. 14)

Matthew 26:41

A. crucify
Galatians 2:20

B. commit
I Corinthians 9:27

III. _____ Life Practices (vs. 15)

daily disciplines:

- spiritual
- physical
- relational
- educational

FOR FURTHER THOUGHT

Read Philippians 2:12-16. Christ followers are called to live a life of discipline, but you might need to be reminded that the way of discipline is demanding and not easy. Effective life-changing discipline is the ability to consistently do the hard thing in every area of life without easing up, and that is often hard to maintain. As Paul said to the Church at Philippi, “work out your salvation with fear and trembling.”

- In what area/s of your life do you practice adequate discipline? What area/s lack discipline?
- What is a goal or life desire that just seems so hard to achieve?

Read Philippians 2:5 & Romans 12:2. The first step to maintaining life-changing discipline is having the right mindset. As a follower of Jesus you must daily be transformed by the renewing of your mind from your old self to the mind of Christ. Many people never experience any form of victory in any areas of their lives because of the thoughts they possess. A renewed mind helps you constantly rehearse the God thoughts in your life, which shape Christ-like behaviors and attitudes. Read Philippians 4:13.

- How do you consistently remind yourself that God has unlimited power for your life?
- Has the power of the Holy Spirit ever helped you overcome something? Explain.

Read Galatians 2:20 & I Corinthians 9:27. The second step to a life of discipline is resisting the flesh. Everyday there is a constant battle or tug of war going on within you between your flesh and your spirit. In your own strength you will never have enough power to overcome those desires, but through committed discipline the flesh has no power over the Holy Spirit in you. Everyday, with the Holy Spirit's power, you have to die to old habits and behaviors that hinder you and commit to the hard work of becoming the person God has called you to become.

- Where do you most feel the tug of war of compromise in your life?
- What are some of the “great intentions” you have for bettering your life or spiritual growth? What keeps compromising those intentions?
- What old habit or behavior needs to be crucified in your life? Who will help you stay committed to living that out?

Re-read Philippians 2:14-15. Finally, you must continually reinstate daily life practices to reinforce the discipline in your life. Whether it's adding more quality time with God, caring for your physical body, staying connected to a community of believers, or becoming a better life long learner, you are to daily implement some sort of program that will help you fulfill your God-given purposes, goals and dreams.

- What are some of your daily practices that you use to reinforce your life disciplines?
- In which area of life do you feel God is calling you to become more disciplined:
 1. Quality time with God
 2. Taking care of your body
 3. Connecting into community
 4. Enhancing your life long learning?
- What “hard work” do you need to commit to today to become the person God is calling you to be?