

DEVELOP DISCIPLINE

Sermon by Todd Lester June 7, 2015

Icebreaker/Introduction

The 'Skill Testing Puzzle' is a simple activity that was inspired by Todd's emphasis on developing our skills. Everyone has developed the skill of completing a word search. This particular word search is a bit more challenging because a word list is not given – participants need to fill in words in the blanks when they find them in the grid. You could make this a contest or a cooperative activity. For a competition you could give 8 minutes or so and see who can find the most words. If everyone works on it together they could shout out when they've found a word and everyone could add it to their list and try to find it in the grid. If you have the answer list ready you could check off which they've found and help give some words they've missed or give clues about where certain words are if they're getting frustrated.

Read Ecclesiastes 10:10 (NIV)

Ask if there was anything from this week's message that stood out – either a point that was made that really resonated with them, or perhaps a question or difficulty that came up for them.

Do you agree with Todd's statement that most people make decisions based on "does it feel good to me"?

Can you think of examples of people that fit Todd's assertion that "successful people do what most people don't feel like doing"?

What do you think of Todd's statement that 'talent is overstated'? What kind of balance is there between natural talent and the hard work of developing skills?

The Pharisees were highly disciplined individuals but what makes their example one we shouldn't emulate? Were they missing something?

FOUR ESSENTIAL SKILLS

1. I MUST MASTER MY MOODS

Focuses on Proverbs 4:23 Also Proverbs 25:28

Todd said that "we're at the mercy of our moods if we don't control our emotions." What are some factors that affect our ability to keep our emotions in check? Should we (or can we) always have our emotions under control?

The Discipline of Acting Before Feeling (Focuses on 2 Corinthians 8:11)

Have you found it to be true that your physical body has more power than your emotions? (Can you recall a time when you've tried to control your feelings through your actions)

The Discipline of Reinforcing God's Word (Focuses on 1 Peter 1:13 Also Romans 12:2, Philippians 4:13, James 3:2)

Todd recommended focusing on Scripture to help master our moods. What are some Bible verses that have turned to in times of need? (Todd mentioned Philippians 4:13, Psalms 118:24, Romans 8:37, Romans 8:1)

2. I MUST MAINTAIN MY FOCUS

Focuses on Luke 9:62

Todd reminded us of the dangers of distractions. What are some common things that can distract us? How big a problem do you find distractions to be in your own life?

The Discipline of Reviewing Your Life (Focuses on 1 Timothy 4:16 Also Proverbs 25:28, Proverbs 4:26 (NKJV), Psalms 119:105)

Todd stated that our "quality of life will be directly proportional to the kinds of questions we ask ourselves on a regular basis." Do you do this? What would be some good questions we could ask ourselves? (Todd said it was the 'tough questions' that will bring growth)

3. I MUST MANAGE MY TIME

Focuses on Ephesians 5:15-16 Also Proverbs 12:11

Do you consider managing your time important? How do you do it? – calendar, phone, app, good memory?

The Discipline of Scheduling Your Priorities (Focuses on Psalms 90:12)

Would your method of managing your time allow you to add in your priorities? What should those priorities be, and do you think that it would be helpful to add them in? (eg. cell phone chime to remind you to spend time with God)

4. I MUST MAXIMIZE MY TALENTS

Focuses on 2 Timothy 1:6

What are some ways that we can maximize (fan into flames) our talents? [eg. learning what they are, using them, reflecting on how we can use them, ...]

The Discipline of Lifelong Learning (Focuses on Proverbs 19:8)

How can we make sure that we continue to learn and grow? [eg. be open to learning from others (humility), reading, thinking, discussing (like at House Church!)]

The Discipline of Lifelong Serving (Focuses on 1 Corinthians 3:13-15)

Todd encouraged us to daily ask ourselves 'how can I help someone today?' How can you practically incorporate that idea into your life? Who is someone you could help today?

