# Develop Discipline Sermon by Todd Lester

June 7, 2015

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SKILL TESTING PUZZLE

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# **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 <u>1 Peter 1:13</u> Also <u>Romans 12:2</u>, <u>Philippians 4:13</u>, <u>James 3:2</u>)

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, Psalm 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 <u>distractions</u>. 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 <u>Reviewing</u> Your Life (Focuses on 1 Timothy 4:16 Also <u>Proverbs 25:28</u>, <u>Proverbs 4:26</u> (NKJV), <u>Psalm 119:105</u>) 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 Psalm 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** <u>Learning</u> (Focuses on <u>Proverbs 19:8)</u>

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 <u>1 Corinthians 3:13-15</u>)

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?

# **Develop Discipline**

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*June 7, 2015* 

<u>Ecclesiastes 10:10</u> (NIV) If the ax is dull and its edge unsharpened, more strength is needed, but skill will bring success.

#### FOUR ESSENTIAL SKILLS

## 1. I MUST MASTER MY MOODS

<u>Proverbs 4:23</u> Guard your heart above all else, for it determines the course of your life.

<u>Proverbs 25:28</u> A person without self-control is like a city with broken-down walls.

# The Discipline of <u>Acting</u> Before <u>Feeling</u>

 $\underline{2}$  Corinthians 8:11 Now you should finish what you started. Let the eagerness you showed in the beginning be matched now by your giving. Give in proportion to what you have.

## The Discipline of Reinforcing God's Word

1 Peter 1:13 So prepare your minds for action and exercise self-control... Romans 12:2 Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. Philippians 4:13 For I can do everything through Christ, who gives me strength. James 3:2 Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way.

#### 2. I MUST MAINTAIN MY FOCUS

<u>Luke 9:62</u> But Jesus told him, "Anyone who puts a hand to the plow and then looks back is not fit for the Kingdom of God."

# The Discipline of Reviewing Your Life

<u>1 Timothy 4:16</u> Keep a close watch on how you live and on your teaching. Stay true to what is right for the sake of your own salvation and the salvation of those who hear you.

<u>Proverbs 4:26</u> (NKJV) Ponder the path of your feet, and let all your ways be established.

<u>Psalm 119:105</u> Your word is a lamp to guide my feet and a light for my path.

#### 3. I MUST MANAGE MY TIME

Ephesians 5:15-16 So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Proverbs 12:11 A hard worker has plenty of food, but a person who chases fantasies has no sense.

# The Discipline of **Scheduling** Your Priorities

<u>Psalm 90:12</u> Teach us to realize the brevity of life, so that we may grow in wisdom.

#### 4. I MUST MAXIMIZE MY TALENTS

<u>2 Timothy 1:6</u> This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you.

# The Discipline of Lifelong Learning

<u>Proverbs 19:8</u> To acquire wisdom is to love yourself; people who cherish understanding will prosper.

# The Discipline of Lifelong Serving

<u>1 Corinthians 3:13-15</u> But on the judgment day, fire will reveal what kind of work each builder has done. The fire will show if a person's work has any value. If the work survives, that builder will receive a reward. But if the work is burned up, the builder will suffer great loss. The builder will be saved, but like someone barely escaping through a wall of flames.

#### WORD SEARCH WORD LIST:

ACTING DISCIPLINE DISTRACTION ESSENTIAL EVALUATION FEELING FOCUS GIFT GOALS HABITS LEARNING MAINTAIN MANAGE MASTER MAXIMIZE MEDITATION MISSION MOODS PRIORITIES PROCRASTINATION PROGRESS PROVERBS REINFORCE REVIEW SCHEDULE SELFCONTROL SERVING SKILLS SPIRITUAL TALENT TIME TONGUE VALUES

#### Word Search Answer Grid

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