



Discipline Over Regret

- We can choose discipline now, or regret will choose us later.

Discipline means giving up the good and the better for the best.

- Warren Wiersbe

- We are not talking about works-based living, but agreeance-based living.

1 Corinthians 9:24-25 (NIV)

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.

- Discipline is choosing between what we want now and what we want most.

1 Corinthians 9:26-27 (NIV)

Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

- To choose discipline is to choose the pain of inconvenience now, to avoid the pain of regret later.

1 Timothy 4:7-8 (NIV)

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

2 Timothy 2:1-7 (NIV)

You then, my son, be strong in the grace that is in Christ Jesus. ² And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others. ³ Join with me in suffering, like a good soldier of Christ Jesus. ⁴ No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer. ⁵ Similarly, anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules. ⁶ The hardworking farmer should be the first to receive a share of the crops. ⁷ Reflect on what I am saying, for the Lord will give you insight into all this.

Philippians 3:8 (NIV)

What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ

- Discipline is accepting the invitation from the Holy Spirit to walk a better way.

2 Timothy 2:8-13 (NIV)

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel, ⁹ for which I am suffering even to the point of being chained like a criminal. But God's word is not chained. ¹⁰ Therefore I endure everything for the sake of the elect, that they too may obtain the salvation that is in Christ Jesus, with eternal glory. ¹¹ Here is a trustworthy saying: If we died with him, we will also live with him; ¹² if we endure, we will also reign with him. If we disown him, he will also disown us; ¹³ if we are faithless, he remains faithful, for he cannot disown himself.

- If we want to be more like Jesus, that desire and the Holy Spirit are what fuel our disciplined steps. (Hebrews 12:1-3)