



**A.M. Bible Study**  
**Pastor Johnell Thomas - Teacher**

**Wednesday, February 26, 2025**

### **"SELF DISCIPLINE"**

Discipline is the ability to control one's emotions, actions, and desires to achieve a greater goal particularly in alignment with God's Word. Why does it matter? It matters because self discipline helps us to avoid sin, to grow spiritually and to fulfill God's purpose for our lives. God has a purpose for each person on earth.

When we do not practice self-discipline, we may find ourselves being controlled by something or someone that may not be good or healthy for us. Self-discipline helps propel us to become all that God created us to be. To reach our potential, we must be willing to make sacrifices. What is it that is hindering you, stopping people and throwing people off track?

God has empowered us to be overcomers. *2 Timothy 1:7*

Temptation is one of Satan's tactics he uses to get us off course.

What are some temptations that throw people off course? Examples: Food, alcohol, tv, overspending.

The bible teaches self discipline and how we can cultivate it in our daily lives.

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|---|---------------------------------------|
| 1. Understanding self-discipline                  | <i>Proverbs 25:28</i>                 |
| 2. God's Desire                                   | <i>Galatians 5:22-23</i>              |
| 3. Pray   | <i>Matthew 7:7-9, Philippians 4:6</i> |
| 4. Discipline leads to growth                     | <i>1 Corinthians 9:24-27</i>          |
| 5. Discipline in actions                          | <i>Hebrews 12:11</i>                  |
| 6. Jesus is our role model                        | <i>Matthew 4:1-11</i>                 |
| 7. Practical steps for developing self-discipline | <i>Romans 12:2</i>                    |

- Set clear goals
- Practical small acts of discipline
- Be Accountable