

Pray In

News/Updates

Discipline

We know that the turn of seasons usually brings about change and as Christians it is our call to submit ourselves to and walk with the Lord during these transformations. In the world, it is a pretty typical practice for us to start the New Year with new commitments to becoming better version of ourselves.

So what does that look like for you? Have you resolved or committed yourself to adding or subtracting any habits?

Jesus was saying to the Jews who had believed Him, "If you abide in My word [continually obeying My teachings and living in accordance with them, then] you are truly My disciples. ³² And you will know the truth [regarding salvation], and the truth will set you free [from the penalty of sin]."

John 8:31-31AMP

We are all called to be disciples for Jesus, and at the root of becoming fully committed to Jesus is recognizing that it takes discipline. The truth is, that anything worth attaining in life will take discipline and like discipline, discipleship is a call worth attaining for the Kingdom of God that requires us to continually obey the Lord and live in accordance to HIS Word. Through Christ we are set free and through our obedience we can walk out that freedom.

What are some ways you plan on attaining the goals you have set for yourself this year?

There are three areas of discipline we'll discuss in this study: diet, guarding our hearts and prioritizing our time.

Jesus said to them, "*Go throughout the whole world and preach the gospel to all people.* Mark 16:15GNB

This is the best time of year for companies like Sprouts and Whole Foods, as those of us who have resolved to eat healthier flood these stores for every fresh and organic product they sell.

So how do we maintain making healthy choices that turn into a part of our life style? The great commission, to go out and bring the Good News to all people, perhaps is the beginning of what should be a continuous motivation. How can we serve God's people if we are sick if we have not prepared our bodies for a life of endurance? Paul writes:

Surely you know that many runners take part in a race, but only one of them wins the prize. Run, then, in such a way as to win the prize. Every athlete in training submits to strict discipline, in order to be crowned with a wreath that will not last; but we do it for one that will last forever. That is why I run straight for the finish line; that is why I am like a boxer who does not waste his punches. I harden my body with blows and bring it under complete control, to keep myself from being disqualified after having called others to the contest. 1 Corinthians 9:24-27

How do you maintain a healthy lifestyle, what specifically are you motivated by when it comes to your diet (daily food intake?)

Watch over your heart with all diligence, for from it flow the springs of life. Proverbs 4:23

*Create in me a clean heart, O God, and renew a **right** spirit within me. Psalm 51:10*

Because we are called to preach the gospel to ALL people in ALL the world people often wonder where that leaves room to guard our heart. We can perceive guarding our hearts as eliminating bad people or things in our life. So what does it mean to guard your heart? Can you take a few moments to share what it means to you?

Guarding your heart is so much more than the legalistic virtue our world has often subscribed to following. It's a call to protect your character in all that you do. Solomon knew that your heart was the flowing of your mind, will and emotions; he understood that what you do flows from who you are. Therefore, when we commit to guarding our heart we are committing to counsel with the Lord before making any decisions, whether that be personally or relationally. It is a decision to follow the peace that can only come from the Spirit of God.

In Philippians 4:6-7, Paul says, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Are there any areas in your life that you need to be intentional about guarding your heart?

Reflect and share

Nevertheless, do not let this one fact escape your notice, beloved, that with the Lord one day is like a thousand years, and a thousand years is like one day. 2 Peter 3:8

What does this mean to you?

So teach us to number our days, that we may cultivate and bring to You a heart of wisdom. Psalms 90:12

How do we make our days count here on earth? How do we leave a Christ centered legacy for our children if we are not intentional with our time? God is clear that as Christians our time on earth is limited but this short time paves the path for eternity in heaven. Do we spend our time pursuing Jesus or our emotions? Do we get caught up in the little hang ups or do we *count it ALL joy*? God desires to be in full communion with us, He wants our bodies, our time, our thoughts, and our hearts to be fully submitted to His righteousness.

Take a moment to discuss any of the above question about the use of our time. Also discuss the ways you are intentional with how you use your time or if there are any areas that you would like to devote more or less time to?

Becoming a fully committed disciple of Jesus takes discipline! The amazing Truth is that we were not created to be alone but to be in communion with God and one another. The psalmist assures of this in Psalm 23:4, *Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.* And Ecclesiastes 4:9-10 reminds us that, *two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!*

Sis, we are praying that 2018 is your best year yet! God is with you, He loves you, and will NEVER forsake you! You got this!!