

Sermon Series: *Building Useful Character, Part 1*

Message Summary: The topic of self-discipline usually doesn't create a lot of excitement from most people. "Yeah, we're talking about self-discipline today!" I think most people have a negative perspective about it because it creates feelings of guilt. Somehow, we inherently know we should have self-discipline. We know this is an important part of character. And yet...we avoid the topic a lot. Today we are not going to avoid this very important topic. BUT...I don't want to create any guilt in the process. My motive is to follow Jesus in growing our character and self-discipline is another part of our development.

Self-Discipline to be Useful

1. Understand your responsibility in usefulness

A. We are to respond to God with effort - 2 Peter 1:5;8-9

B. Self-discipline makes us useful to God - 1 Timothy 1:7-8; 2 Timothy 2:20-21

2. Grow in mental self-discipline

A. We must learn the difference between fleshly thoughts and the Spirit of God - Romans 8:5; 2 Corinthians 10:5

B. We spend time in the Word of God and in the presence of God

3. Grow in emotional self-discipline - Ephesians 4:26

A. Process your emotions with God first.

B. Submit your emotions to truth (Bible)

C. Process with one godly person

4. Grow in physical discipline - 1 Corinthians 9:26-27

A. Find someone to grow with you

B. Create a schedule

C. Stay at it

LifeGroup Questions:

BEGIN IT – (5min) Praise song and opening prayer.

OPEN IT- (10min) Describe what thoughts and feeling you have when you think of self-discipline. Why do so many have negative impressions of this quality?

EXPLORE IT- (60min) Follow Sunday's sermon outline together and add addition notes people made about the message.

1. Why is self-discipline connected with being useful to God? What are the dangers of being an undisciplined person?
2. Why is mental discipline important? How do we grow in mental discipline?
3. Why is emotional discipline important? How do we grow in emotional discipline?
4. Why is physical discipline important? How do we grow in physical discipline?

APPLY IT- (15 min) Where do you need to grow in self-discipline so you make yourself more useful for God to use your life?