

LIFE SKILL OF THE WEEK: DISCIPLINE

Written by Joe Keim and taught in a group setting

1. Opening Thought

Discipline means **choosing to do what is right, even when you do not feel like it.**

It is learning to lead yourself instead of being led by moods, feelings, or laziness.

Note:

“Feelings change every day. Discipline is what helps us do right even on hard days.”

2. Scripture

Proverbs 25:28 – *“He that hath no rule over his own spirit is like a city that is broken down, and without walls.”*

Explain: Without discipline, our lives are wide open. Anything can come in and cause damage.

1 Corinthians 9:27 – *“But I keep under my body, and bring it into subjection...”*

Explain: Even Paul had to discipline himself. Self-control does not come naturally. It is learned.

Hebrews 12:11 – *“Now no chastening for the present seemeth to be joyous, but grievous: nevertheless, afterward it yieldeth the peaceable fruit of righteousness...”*

Note: Discipline feels hard at first, but later it brings peace, strength, and growth.

3. Discussion Questions

1. What is something you find hard to stay disciplined in?
 2. Why do you think discipline is difficult for most people?
 3. What happens when we only do things when we feel like it?
 4. How can discipline help you in your future?
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4. Practical Examples

Some real-life examples:

- **Time:** Getting up on time, sticking to a schedule, not hitting snooze.
 - **Work or school:** Doing your best even when no one is watching.
 - **Phone use:** Putting the phone down when it distracts or wastes time.
 - **Words and attitude:** Holding your tongue, choosing kindness, staying calm.
 - **Spiritual life:** Reading the Bible, prayer, church—doing it even on dry days.
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5. Challenge for This Week

Choose **one area** where you will practice discipline for the next 7 days.

Finish this sentence:

“This week I will practice discipline in _____ by doing _____.”

Examples:

- “I will practice discipline with my time by getting up on time.”
- “I will practice discipline with my phone by limiting my screen time.”
- “I will practice discipline with my words by not complaining.”
- “I will practice discipline with God by praying each morning.”

Note: It must be something you can clearly check next week.

6. Closing Thought

Reminder:

“Discipline is not about control. It is about freedom. When you discipline yourself, you stop letting your feelings run your life.”
