

Discipline - Chapel

Chapel ? Discipline

1 ? Today?s characteristic of Successful People and Successful Teams is Discipline.

? To achieve the success we all want, we will have to grow increasingly more disciplined.

? To be well disciplined is to be self-controlled in all areas of one?s life.

2 ? I Corinthians 9:24-25 gives us a strong understanding of a life of discipline (read the text).

? They all run, but only one is the winner. ½ of all teams who compete today will lose.

? Many coaches say, ?There is a winner and a loser on every play of the game.?

? ?Compete in such a way as to win.? The Apostle makes no apology for this statement.

? Competitors exercise self-control in ALL things.

o Physical discipline ? Technique, effort, skill ? all are under your control.

o Mental discipline ? Strategy, assignments, responsibilities, knowledge of the sport ? all are under your control.

o Emotional discipline ? Not too high, not too low. Not overcome by elation or disappointment. Not overly subject to momentum shifts. All this is under your control.

3 ? The rewards of discipline.

? There are both short-term and long-term rewards.

o The ability to both compete successfully and live successfully comes from a disciplined life.

o Living a disciplined life builds trust among one?s teammates and among one?s family, friends and colleagues.

o As you live a disciplined lifestyle, your game and your team will consistently grow. Your whole life will also consistently grow as you live in a self-controlled manner.

4 ? Today?s challenge.

? Compete to win. No apologies, no excuses.

? Exercise self-control in all things.

o Be physically under control.

o Be mentally under control.

o Be emotionally under control.

? Exercise discipline and we will reap both the short-term and long-term rewards of self-control.

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Bible Reference:

1 Corinthians 9



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