

## 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.

This resource provided by Roger D. Lipe

[lipe@earthlink.net](mailto:lipe@earthlink.net)

[www.sifca.org](http://www.sifca.org)

**Bible Reference:**

1 Corinthians 9



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