



## **BODY**

1. SLEEP
2. FACE / POSTURE
3. FOOD
4. EXERCISE
5. SEXUALITY

## **MIND**

1. ABILITY TO FOCUS
2. RECORD PLAYER THOUGHTS
3. DEFENSIVE MIND
4. HEAVENLY vs. EARTHLY MINDED
5. SELF / OTHERS

6. What should I do with my undisciplined thoughts?
  - a. Step 1: Take your thoughts captive
  
  - b. Step 2: Make your thoughts obey Christ

## **EMOTIONS**

**Things to consider to help us be disciplined with our emotions.**

1. FEELINGS CAN LIE TO US
  
2. FEEDING WRONG EMOTIONS
  
3. MANIPULATING WITH YOUR EMOTIONS
  
4. LEAD YOUR EMOTIONS
  
5. An Important Note: Emotions / Feelings are NOT bad

## **WORDS**

1. SPOKEN WORDS
  
2. WRITTEN WORDS

## ENTERTAINMENT

### Group Discussion Questions - Disciplined

1. Of the areas discussed (time, body, mind, emotions, words, and entertainment) where do you think you are *most disciplined*?
  - a. Why do you think you have been successful in this area?
  - b. What are some of the fruits you have seen from being disciplined in this area?
  
2. Of the areas discussed (time, body, mind, emotions, words, and entertainment) where do you think you have the most *room to grow* in discipline?
  - a. Why do you think this has been an area of struggle?
  - b. What are some of the fruits you could reap if you become more disciplined in this area?
  
3. We can't change everything at once. Bearing that in mind, what one or two changes can you make that will have the most impact across your life?
  - a. What obstacles will you face? What things can you do / plans can you make ahead of time to overcome those obstacles?
  - b. Make specific, concrete, and measurable plans for implementing your change. (Example: I will read my Bible for 15 minutes a day starting at 7am every morning. The night before I will pick out my clothes for the next day and have other morning preparations made in advance. I will set out my Bible at the table where I will read. I will turn my phone off from 7am to 7:15am.)
  
4. As disciples of Christ, the spiritual disciplines (Bible reading, Bible study, Scripture memorization, prayer, generosity, fellowship, fasting, etc.) are an essential part of our walk with Him. Which spiritual discipline do you need to pursue in a more disciplined manner? Think strategically about which spiritual discipline will have the greatest impact in your relationship with your Savior.
  - a. What obstacles will you face? What things can you do / plans can you make ahead of time to overcome those obstacles?
  - b. Make specific, concrete, and measurable plans for implementing your change. (Example: I will read my Bible for 15 minutes a day starting at 7am every morning. The night before I will pick out my clothes for the next

day and have other morning preparations made in advance. I will set out my Bible at the table where I will read. I will turn my phone off from 7am to 7:15am.)

5. The good news of Christ's perfect life, sacrificial death, and victorious resurrection should have a tremendous impact on our efforts to become more disciplined. Consider together how the hope of the gospel...
  - a. motivates our desire to become more disciplined
  - b. informs how we work to become more disciplined
  - c. informs how we respond when we fail in our attempts to become more disciplined
  - d. informs how we should view slow progress to become more disciplined
  
6. To be disciplined is to behave or work in a controlled way. What are you controlled by? (Consider your wants and desires.)