

THE CHALLENGE OF SELF-DISCIPLINE.

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INTRODUCTION:

A. Read text: **1 Corinthians 9:19-27**.

B. Regarding the text.

1. Discipline is an important part of Christianity.
2. The Bible commands discipline.
 - 1) We are encouraged to discipline the unruly.
 - a. **1 Corinthians 5**.
 - b. **2 Thessalonians 3:6** – Those walking disorderly.
 - 2) We are also admonished to discipline ourselves.
 - a. Our text teaches us to bring our own bodies into subjection.
 - b. **2 Corinthians 13:5** “Examine *yourselves*, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?”
3. In this study we will see the **conditions** of self-discipline, the **motives** for self-discipline and **the rewards** found in self-discipline.

DISCUSSION: IN OUR LESSON LET US OBSERVE...

I. THE CONDITIONS OF SELF-DISCIPLINE.

A. Desire and denial.

1. **Matthew 16:24** “Then said Jesus unto his disciples, **If any man will come after me**, let him **deny himself**, and take up his cross, and follow me.”
2. To deny means to forget one’s self, lose sight of one’s self and one’s own interests. (Thayer’s). Strong’s definition: to *deny utterly*, that is, *disown, abstain*: - deny.

B. Self-discipline requires not living like the rest of the world.

1. **Romans 12:1-2** “... Be not conformed to this world...”
2. **1 Peter 1:14** “As obedient children, not fashioning yourselves according to the former lusts in your ignorance.”

C. We must focus on the spiritual.

1. **Romans 8:1, 13** “For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.”
2. **Colossians 3:1-3** “If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God.”

D. We must study and make necessary changes (**1 James 1:21-25**).

1. **Acts 2:37** They heard the truth and were moved to ask “... what shall we do?”
2. God’s word can cause us to change our lifestyles. Our faith is developed by God’s word (**Romans 10:17; James 1:18** “Of his own will begat he us with the word of truth, that we should be a kind of firstfruits of his creatures.”)

II. THE MOTIVES FOR SELF-DISCIPLINE.

A. Salvation. (**Mark 8:35** “For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel’s, the same shall save it.”)

B. To be an example to others (**Matthew 5:16** “Let your light so shine before men...”)

C. To walk worthy of our vocation (**Ephesians 4:1** “I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called.”)

D. Leave a clear path for loved ones to follow (1 Corinthians 11:1.)

III. THE REWARDS OF SELF-DISCIPLINE.

A. Personal confidence.

1. **2 Timothy 4:6-8.**
2. **2 Tim 1:12** “For the which cause I also suffer these things: nevertheless, I am not ashamed: for I know whom I have believed and am persuaded that he is able to keep that which I have committed unto him against that day.”

B. The eternal reward for the faithful.

1. **Revelation 2:10** (Self-discipline even in the face of death.)
2. **1 Corinthians 15:58** “Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.”
3. **Acts 21:13** “Then Paul answered, What mean ye to weep and to break mine heart? for I am ready not to be bound only, but also to die at Jerusalem for the name of the Lord Jesus.”

C. Remember to be faithful, one must exhibit self-discipline in their lives.

IV. CONCLUSION.

A. It is self-discipline that holds us in times of temptation.

B. It is self-discipline that keeps us faithful in all circumstances.