



NO EXCUSES

Exploring Self-Discipline

Self-Discipline. What does that word bring to mind?



Eating salads?
(and no sweets!)



Working hard to meet a deadline?

Or just working
out to be
physically fit?



SELF-DISCIPLINE SEEMS SELF-EVIDENT...

IN THAT IT IS THE “DISCIPLINE OF THE SELF”

Websters defines **self-discipline** as:
Correction or regulation of oneself
for the sake of improvement

Maybe a look at some contrasts
will help.



Why does this even matter?

Results in life are quite different
between having self-discipline and
not having it.

It affects how we live on the inside
and the outside.



or



or



or



“For God has not given us a spirit of timidity (fear), but of power and love and discipline.”

2 Timothy 1:7

LET'S LOOK AT SOME WAYS JARL HAD SELF-DISCIPLINE, AND CONSIDER HOW YOU CAN DEVELOP IT IN YOUR LIFE, TOO!



Jarl demonstrated self-discipline in several ways. We'll look at a few from Chapters 61-70.



**Ready to do some heavy lifting?
Grab a pen and paper to take some
notes.**

Chapters 61-70

In Chapter 62, all of the Spacewalkers involved in Operation Snatch had to act with self-discipline.

How did they do that? What actions showed that they were willing to do what was needed to rescue people?



In Chapter 61, Jarl developed a team to perform "Operation Snatch."

How did he and the team demonstrate self-discipline in developing this plan?



Impatience



- Chapter 64 sees Jarl feeling a certain way. What was he struggling with?

_____ (answer on side)

- What had he done to attempt to deal with how he was feeling? In what ways did this demonstrate a good use of self-discipline?

Questions -

- What are the 3 views discussed about the time that Jesus returns for his followers in Chapter 63?
- There were seven Jewish Feasts mentioned. Which were the Spring Feasts and which were the Fall feasts?



HOW
NOW
ARE
YOU?



TOUGH CHOICES AND LONGING

Acting with **self-discipline** when all your emotions are tugging you in a different direction can be extremely hard.

How did Jarl and Tessa deal with their feelings in Chapter 65? What did they decide to do?

How do you act with **self-discipline** when your emotions are warring against you?



FACING THE WORST

What was Dan's theory on when Jesus came back for his people in Chapter 66?

Jarl and Tessa both made decisions in Chapter 66 that reflected **self-discipline**.
Where did Tessa go?
Where did Jarl go?



Blue
Mountains

Shargram

Chapter 67
sees Jarl in the
most difficult
situation he has
ever faced in
his life

How does his
response show
**extreme self-
discipline**?

What would
you have done
in his situation?

REWARDS IN THE JOURNEY



Facing the worst moments in his life in Chapter 68, Jarl makes a crucial choice. Who does he call out to?

What was the result?

What was the reward for his acting with self-discipline?

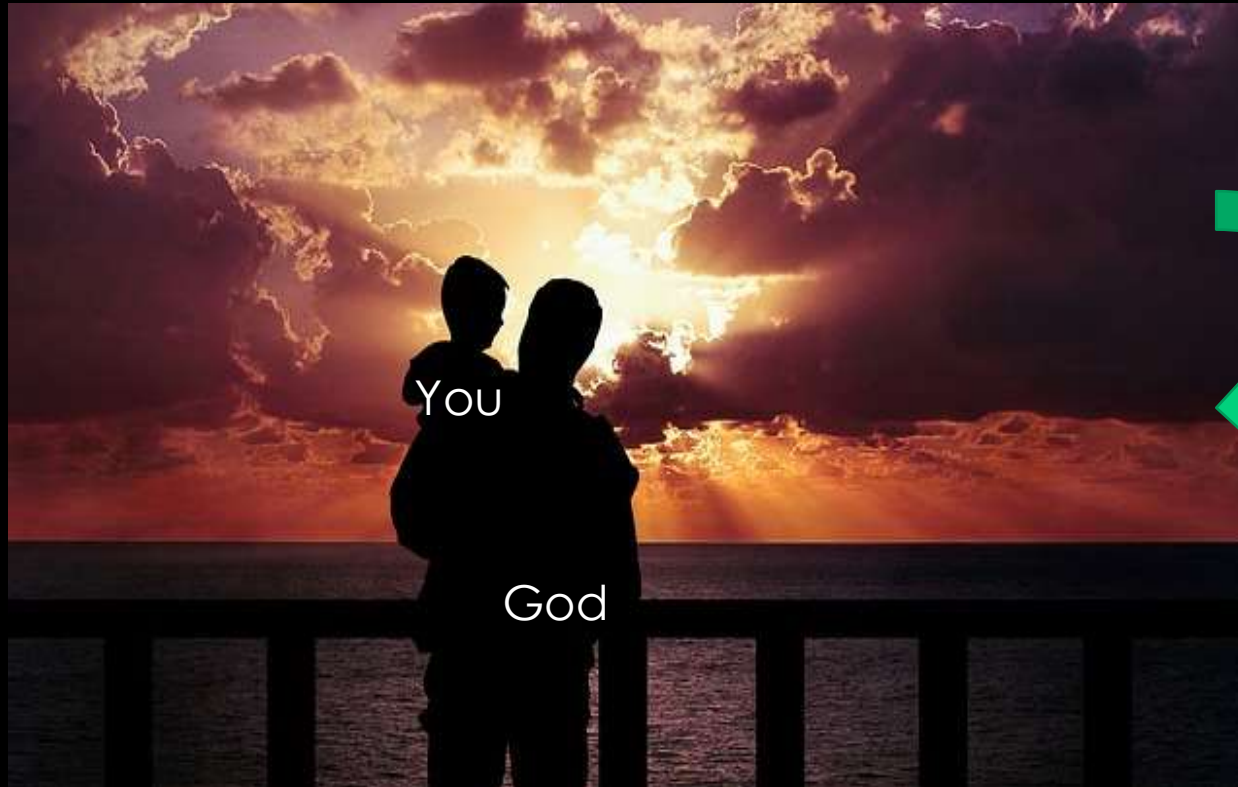
Where does the strength to act with **self-discipline** come from?

THE KEY

“It is for **discipline** that you endure. God deals with you as with sons; for what son is there whom his father does not discipline...He **disciplines** us for our good, so that we may share His holiness.

All **discipline** for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the **peaceful fruit of righteousness.**”

Hebrews 12:7-10b, 11





THE PEACEFUL FRUIT OF RIGHTEOUSNESS

Chapter 69

- Hebrews 12 talks about discipline yielding the peaceful fruit of righteousness. How did Jarl and Tessa receive that “fruit” in this chapter?
- Jesus gave Jarl and Tessa two choices. What were they?
- What verse from Psalms did Tessa use to answer Jesus?

Chapter 70

- Tessa is so happy to be able to move to Haven with Jarl. What verse from Psalms did Jarl quote to her?
- What good news did Jarl find when he and Tessa shifted back to Petra? Who was still there?
- What do Jarl and Tessa *finally* get to do?

REAL-LIFE EXAMPLES OF SELF-DISCIPLINE

Nehemiah

Nehemiah had a big job to do. He was to rebuild the wall of Jerusalem after it had been broken down and burned with fire.

God gave him favor with the king he was serving so that he could go back to Jerusalem. While there, he had to rally the people to work, avoid traps set by his enemies, prepare to fend off attacks and still get the wall rebuilt.

And, at great personal cost, he did it!

He exercised self-discipline.

You can read his story in the book of Nehemiah

Mordecai

Mordecai was a Jewish man in a hostile foreign environment. He faced heavy peer pressure and hatred because he refused to bow to a prince of the country where he was a captive.

Many people questioned his motives and tried to get him to change his actions.

But he was resolute and stood strong through tragedy and its eventual resolution.

He exercised self-discipline.

You can read his story in the book of Esther

HAVING SELF-DISCIPLINE...



And go from this...

is not something someone else can do for you. YOU are the only one who can develop this in your life.

But, you don't just have to rely on your own strength for it.

Jarl cried out to Jesus when he needed help.

You can do the same!



To this.

WRAPPING IT UP



Main Takeaway -

What is your one main takeaway from Jarl's acting with self-discipline in Chapters 61-70?



Perspective -

What are your thoughts on how **self-discipline** played out in this section?



Application -

How is your self-discipline?
Strong? Weak?

How can you increase self-discipline in relation to interacting with God? Family? Friends? Employer?