



Self-Discipline Note Taking Sheet

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

Self-Discipline seems self-Evident...

In that it is the “Discipline of the Self”

Websters defines self-discipline as:

Why does this even matter?

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

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

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?

What are the 3 views discussed about the time that Jesus returns for his followers in Chapter 63?

- 1.**
- 2.**
- 3.**

There were seven Jewish Feasts mentioned. Which were the Spring Feasts and which were the Fall feasts?

Spring –

Fall –

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

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?

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?

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?

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?

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?

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?

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?

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

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

How is your self-discipline? Strong? Weak?

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