



The Joys and Fruits of Discipline

Zoom Bible Study | Tuesdays @ 7:00pm (CST)



May 30, 2023

Lesson Five

Ask yourself what box or boxes you have put yourself in that have kept you—and continue to keep you—from pursuing a dream you have. Here are some common ones:

- 📦 I'm too old to do that—or too young.
- 📦 I don't have the right education.
- 📦 I don't have the right experience.
- 📦 I don't have enough money.
- 📦 I'm not good with people—not a leader.
- 📦 I'm an introvert—too shy to do that.
- 📦 I'll never be able to learn all this.
- 📦 I don't have the right look.
- 📦 That's not my gift.

Break Out of Your Box



Ephesians 2:10: *For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

Proverbs 29:18a (KJV): Where there is no vision, the people perish.

Vision gives us hope and purpose and the ability to persevere and endure.
Without a vision we begin to shrivel up and settle for mediocrity.

- Do you believe that God wants you out of the box you're in?
- Do you believe God could and would equip you to do what he intended from the beginning of time for you to do?

What keeps you from breaking out of your box?

- FEAR of failure.
- FEAR of making a fool out of yourself.
- FEAR of what others will say.



2 Timothy 1:7 (KJV): For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.



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Romans 8:15: *The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."*

1 John 4:18: *There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.*

Or it could be:

- Laziness
- A willingness to live in mediocrity—just keep things the way they are.
- Don't know how to start – and haven't tried to find out!

Wishes vs. Goals

Do you know the difference in a wish and a goal?

A goal is not a wish. A goal is:

- **S**pecific and simple—you can put it in writing.
- **M**easurable in some way.
- **A**ttainable—realistic and achievable.
- **R**elevant—meets an important need.
- **T**imely—has a time line that is doable.



Are you a goal-oriented person, or do you just wish a lot? Wishes don't take any energy or discipline; goals do. Wishes don't require any commitment from us; goals do.

A task-oriented person focuses on doing things right.

A goal-oriented person focuses on doing the right things right.

Why is it important for a Christian to set goals for her life?

Now that you know these things, you will be blessed if you do them. (John 13:17).

Blessed rather are those who hear the word of God and obey it. (Luke 11:28).

I have brought you glory on earth by completing the work you gave me to do. (John 17:4).

As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work. (John 9:4).

Jesus was a doer, and he did what the Father had sent him to do.

It is necessary that a person who wants to reach her goals must be a doer because reaching goals and doing the good works God put you here to do requires work.

Woman of God → Disciplined → Goal Setter → Doer → Fulfills her God-given purpose!

And it all begins with a disciplined life!

What are the results of being a goal-oriented, Christ-honoring woman?

- You bring glory to God.
- You are blessed—happy, fulfilled, joyful.
- You are good stewards of your gifts and talents and will receive a better reward.
- You are more content with who you are and less likely to want to be like someone else.

Setting Goals

As believers our goals should be ordained by God. Those goals can range from the simple everyday things of our lives to life-changing pursuits.

Philippians 1:6: *Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

God won't give you a vision or a passion and then mock you or frustrate you. He'll guide you each step of the way.

What vision have you had that has not yet been realized? Do you think it is from God?

Is It of God?

How do you know if this passion or vision is a God-thing or not? Here are five signs:

Sign Number 1 – It won't go away.

Instead, it will grow and even though it looks impossible, you just won't be able to get away from it.

Sign Number 2 – Your motivation will be to serve God and others.

Sign Number 3 – There will be a need for it.

Sign Number 4 – God will open doors for you and confirm it through his Word.

Sign Number 5 – God will give you the right people to help you.

You probably won't be qualified to do it.

But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. He chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, so that no one may boast before him (1 Corinthians 1:27 – 29).

Remember this when it comes to pursuing your passion:

1. If you don't go for it, it will fade and you'll miss the blessing. Use it or lose it.
2. You will be held accountable to the Lord for the passions he has given to you.
3. The more you pursue your passion, the more ability and gifts you will have to accomplish it. God is not going to waste talents on you if you're not going to use them.

Practical ways to turn your wishes into goals.

1. Put it in writing.
2. Break it into small pieces.
3. Do something toward your goal every day.
4. Keep taking THE NEXT STEP!
5. Establish accountability for yourself .
6. Give yourself some grace.
7. Then, just do it!

2 Corinthians 5:9: *So we make it our goal to please him (the Lord), whether we are at home in the body or away from it.*

Philippians 3:14: *I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

What box are you in? What is keeping you from breaking out?

Time Management

Be careful how you walk, not as unwise men, but as wise, making the most of your time, because the days are evil (Ephesians 5:15-16).

Time management is the process of intentionally structuring your schedule to best serve your goals. Good time management means organizing your time intentionally and prioritizing activities that most efficiently advance you towards your goals and honor your values.

Living out your priorities and achieving your goals requires being intentional and disciplined.

Time is one of the most valuable commodities that you have. Taking the time to learn how to manage your time is a very good use of your time.

The Tyranny of the Urgent

It's easy to let the seemingly urgent tasks of life crowd out the more precious and lasting priorities such as faith and family.

"If you lose money, you might get a chance to make it back; but a wasted hour is irreplaceable." Leon Ho

In a major way, time is more valuable than money.

What Are Major Time Wasters?

1. Not Staying on Task

Staying with a job until it is completed is one of the best time management techniques anyone has come up with.

Much of your productivity is consumed with starting up and shutting down.

Inspiration is mostly perspiration. Believe me, the creativity comes as you begin to do it.

2. Procrastination

- Do the things you like least first - get them behind you.
- Don't save up all the unpleasant tasks.
- Set deadlines for yourself and tell people.
- Work on the big projects one little piece at a time.
- Treat every day as if it were Friday before your vacation.
- DO IT RIGHT AND DO IT NOW.

3. Lack of Personal Organization

- Always have a daily plan
"Plan your work and work your plan."

4. Perfectionism

- Are you doing the right thing, or just doing things right?
- What is the value added of doing everything perfectly?

5. Not Enough Time with the Lord

Suggestions to Improve Time Management

Set artificial deadlines to create space and structure.

You set these deadlines on yourself; they are not imposed by others.

Do you need to be there at 3 pm? Aim for 2:45 pm.

Do you need to get through your emails? Set a deadline to empty your in-box by Friday noon.

Give yourself “schedule treats.”

Pick your top three activities for each day.

Do similar little tasks together.

- Batch-task the little 2 to 5 minute tasks.
Do all your tasks that require driving together.
Return phone calls/texts/emails at one sitting.
- Attach small tasks on to your regular routine:
Wipe your bathroom sink when you finish getting ready in the morning.
Take out the trash as you head out the door.

Multitask judiciously.

Honestly, most experts recommend ditching multi-tasking all together.

There are effective ways to multitask:

- Listen to good music while you’re doing mindless tasks.
- Listen to good audio books while driving.
- Make a needed phone call—even pray with someone—while driving or washing dishes.

The Bottom Line

1 Thessalonians 4:1 – 8

As for other matters, brothers and sisters, we instructed you how to live in order to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more. ²For you know what instructions we gave you by the authority of the Lord Jesus. ³It is God’s will that you should be sanctified: that you should avoid sexual immorality; ⁴that each of you should learn to control your own body in a way that is holy and honorable, ⁵not in passionate lust like the pagans, who do not know God; ⁶and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. ⁷For God did not call us to be impure, but to live a holy life. ⁸Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.

- You are living to please God; do so more and more. Keep on improving.
- God’s will is for you to be sanctified. That means, to set apart for special use or purpose.
 - Avoid sexual immorality.
 - Control your body.
 - Never take advantage of anyone.

And all of this takes discipline. Without a disciplined life, you cannot fully do God’s will for you.