



# LIFE LESSONS

Midtowne Church • **Discipline** • August 12, 2018

Discipline is doing what you \_\_\_\_\_ to do,  
even when you \_\_\_\_\_ ,  
in order to be \_\_\_\_\_ and \_\_\_\_\_ you  
\_\_\_\_\_ to.

## Tips for Developing Discipline:

1. Focus on the \_\_\_\_\_.

If you explain these things to the brothers and sisters, Timothy, you will be a worthy servant of Christ Jesus, one who is nourished by the message of faith and the good teaching you have followed. 1 Timothy 4:6 NLT

2. Avoid the \_\_\_\_\_.

Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. 1 Timothy 4:7 NLT

3. Consider the \_\_\_\_\_.

"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." This is a trustworthy saying, and everyone should accept it. 1 Timothy 4:8-9 NLT

4. Endure the \_\_\_\_\_.

This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers. 1 Timothy 4:10 NLT

## So What?

"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." 1 Timothy 4:8 NLT

\_\_\_\_\_ will help you \_\_\_\_\_  
\_\_\_\_\_ but \_\_\_\_\_ will lead you to  
\_\_\_\_\_ .

Homework Assignment  
Episode 1 - Discipline  
August 12, 2018

1. Which of the Four Tips for Developing Discipline do you Do Best? How did you develop that skill?
2. Which of the Four Tips for Developing Discipline do you Struggle with the most? How can you Develop that Skill?
3. What does "Godliness" mean to you? Why is Godliness more important than Physical Training?  
How are you developing Godliness in your life?
4. What is the One Thing you will do this week to Develop Discipline in your Life?
5. What is the One Thing you will do this week to develop Godliness in your life?