



Key Scripture:

Isaiah 54:11 GOD'S WORD

I will reset your foundations

Lack of Discipline Makes Us Miserable

Romans 7:15, 18b-19, 24-25 NLT

15 I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate...18 I want to do what is right, but I can't. 19 I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.

24 Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? 25 Thank God! The answer is in Jesus Christ our Lord.

The Discipline Difference

1 Corinthians 9:24-26 NLT

24 Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 25 All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

What do you want most in 2022? _____

What reset would lead to what you want the most? _____

Reset with a purpose.

1 Corinthians 9:26-27 NLT

26 So I run with purpose in every step. I am not just shadowboxing.

27 I discipline my body like an athlete, training it to do what it should...

Notes: _____

RESET

The Discipline Difference

Reset by implementing disciplines

1. Change your thinking to know what's important.

Romans 12:2 NLT

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

Then you will learn to know God's will for you,

which is good and pleasing and perfect.

Acts 20:24 NCV

I don't care about my own life.

The most important thing is that I complete my mission, the work that the Lord

Jesus gave me — to tell people the Good News about God's grace.

2. Take action before you feel like it.

✓ What are the consequences of not acting?

Hebrews 9:27 Message

Everyone has to die once, then face the consequences.

✓ Make myself accountable to someone else in my weak area.

✓ Focus on doing the right thing...today.

Matthew 6:34 TLB

So don't be anxious about tomorrow.

God will take care of your tomorrow too. Live one day at a time.

3. Follow through...even when it hurts.

Luke 14:27-28 NLT

27 And if you do not carry your own cross and follow Me, you cannot be My disciple.

28 "But don't begin until you count the cost.

4. Jesus gives you the power for discipline.

Philippians 4:13 TEV

I have the strength to face all conditions by the power that Christ gives me.

Notes: _____
