

## **SERIES: INSPIRED**

### **WEEK 3:** Private Disciplines | Psalm 5:1-3

Discipline is choosing what you want most, over what you want now. Desires don't determine who you become; disciplines determine who you become. Will power doesn't work. Will power is like a lot of muscle; once you work it too hard it becomes fatigued, its power starts to wane, and it gets tired.

#### **DISCUSSION QUESTIONS**

When you think of discipline, what comes to mind? Does it suggest something positive or something negative? Share a time when you discovered that discipline could be a helpful thing for you to practice.

Pastor Jon talked about choosing something called the “*greater reward*.” He used Paul as an example of someone who learned how to do that. **Read Romans 7:14-20.** How does this passage make you feel when you think of who Paul was and you realize that he also struggled to do the right thing?

**Read Romans 7:21-25.** Have you ever felt as discouraged as Paul sounds in v. 24? How does v. 25 give us encouragement?

Pastor Jon says, “We try. And we try and we try. But eventually our sinful desires start to overwhelm our waning will power and what do we do? We give in.” But Paul found some good news. It's not just something that is missing, but it's someone. And that someone who is missing comes with a power that we do not have. Do you remember a time when you realized that He was missing in your life?

**Read Psalms 5:1-3** How does David's plea strike you? Have you ever felt like that? Discipline is not about behavior modification; it's about spiritual transformation. It starts with identity. It's not about being a better version of you, but about a power greater than what you have, that changes you from the inside out and powers you to become the person God wants you to be. In what ways have you seen that taking place in your own life when you think about the person that you were in the past?

#### **Keeping in Step**

It is in surrendering our lives to the Lord that we learn to walk by faith. What are some of the habits that you would like to develop as you wait and watch for God to move in the circumstances of your life? Do you believe that God's resurrection power rests within you? Remember that self-control is not the fruit of your will power but the fruit of the spirit. (Gal. 5:22-23). You can honestly say to people, “It's not me, but the living God in me.” That is the higher reward.