

LST Community Day  
Friday 4<sup>th</sup> October 2019

## Self discipline

What is self-discipline?

And why would it matter?

'krat'

**... discipline is training yourself to do the right thing even when you don't feel like it.**

... sarx or spirit?

**Maturity comes by the way of discipline... no other way...**

Without discipline there is no life at all! *Exodus 20:14, Matthew 5:27-32*

1 Corinthians 9:24-27

1. **Freedom and self-discipline are not contradictory.**
2. Aimless wandering can be the loss of precious time.
3. **Spiritual formation requires a disciplined heart and mind.**
4. Disqualification for God's kingdom is always a tragedy.

**Every Christian is responsible to pursue holiness...**

*This virtue of "self-control" is the fruit of the spirit*

Galatians 5:22-23, John 15:5 & Philippians 4:13

*What does self-discipline look like in your life?*

**We're not invited to be sloppy....** *The picture is athletes training*

1 Corinthians 9:25 – how is your 'self-control in the small things...?'

*..diet, rest & drills! We're really not spectators... What is the price?*

**What is the way you're nurturing the life of God in you?**

Reggie Neal talks of the priority of self-awareness, self-management, self-development, a sense of mission, decision-making, belonging and 'aloneness.'

So what are the choices you're making?

**Patterns of life... daily, weekly, monthly quarterly & annually...**

### Quizzing Questions

1. **Is there anything you may be gripping too tightly which God is inviting me to release?**
2. In what directions are my desires leading me? Do they lead towards life?
3. **What might you be able to release or "give up" for a season in order to be more open handed towards God?**

### Quoteable quotes

"What shall we do and how shall we live?" Tolstoy

**"Disciple-making is unlearning the patterns of this world, and being apprenticed in the way of Jesus, made possible through the Holy Spirit."** JD

"Make me a captive Lord, and then I shall be free!" George Matheson

**"Discipleship sums up Christ's plan for the world!"** David Watson

**"Be absolutely His"** Oswald Chambers

"Hold everything in your hands lightly, otherwise it hurts when God pries your fingers open." Corrie Ten Boom

**"Freedom is based on courage and truth!"** JD



Johnny Douglas

revjohnnydouglas@gmail.com



# Personal routines

---

JD patterns Summer 2019

## Daily

- Consistent water intake – 2litres
- Not exceeding 4 coffees
- 15mins of waiting-stillness in the chair
- Clear anti-procrastination plan – bullet-lists
- QT & morning journaling 6am routines
- Solid bible intake as my daily manna – detailed narrow work.
- Fruit-drink- 5-a-day!

## Weekly

- Study 4hours in commentaries – morning session
- Walking to appointments where possible, two 30+ mins big walk
- Good skype, live-giving connectedness with N&E
- At least two play-sessions with JPD
- Protect Friday off, except for friendship and funerals!
- 2k reflective words written beyond task and deadline pw

## Monthly

- Quiet Day
- Creative time beyond photography & Insta
- Ten plus books read plus every month - 150pa
- Two National Trust discoveries – outings pm with JPD
- Two movies at least a month to enjoy : less jpd NCIS!
- Three give-away spots to develop God's kingdom people
- 10K doctoral words written

## Quarterly

- Forward planning - aligned to values & calling
- Solid 6 x 6 thinking & actions resulting
- LST library study time – deeper work
- Time with JC – spiritual director
- Time with SP – pastoral mentor

## Yearly

- Holiday leave anchored well in advance
- Locations and r&r sorted
- Life-giving times with resourcing relationships, G's M's & PJ & MP
- Home mission-weekend blocks ring-fenced with JPD
- Clear shared ministry bookings solo and together resolved
- Conference input, silent retreat time, with peer SMC time
- Two of my long-term-bucket-list projects done!

Johnny Douglas

[revjohnnydouglas@gmail.com](mailto:revjohnnydouglas@gmail.com)

