

## BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....”  
John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

## PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a

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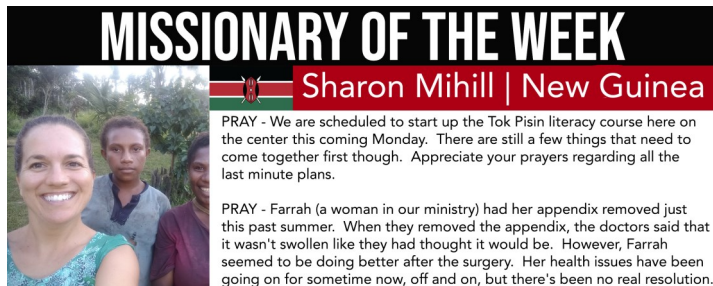
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**MISSIONARY OF THE WEEK**  
Sharon Mihill | New Guinea

PRAY - We are scheduled to start up the Tok Pisin literacy course here on the center this coming Monday. There are still a few things that need to come together first though. Appreciate your prayers regarding all the last minute plans.

PRAY - Farrah (a woman in our ministry) had her appendix removed just this past summer. When they removed the appendix, the doctors said that it wasn't swollen like they had thought it would be. However, Farrah seemed to be doing better after the surgery. Her health issues have been going on for sometime now, off and on, but there's been no real resolution.



GROWTH **NEXT LEVEL** GUIDE

Handout: 01/30/22  
Study: 02/06/22

## Next Level Discipline

Self-discipline is essentially the same as self-control, one of the nine fruits of the Spirit listed by Paul in Galatians 5:22-23. The KJV translation uses the word temperance in place of “self-control” which, like self-discipline, generally refers to our ability to control or restrain ourselves from all kinds of feelings, impulses, and desires, which includes the desire for physical and material comfort. Now, even though self-control is the last of the spiritual fruits mentioned by Paul, and even though it is a term not used extensively in the Bible, self-control is clearly an indispensable attribute of the Christian life, especially as our unredeemed flesh sometimes causes us to succumb to the persistent tug of our sinful desires.

The apostle Paul calls us to “purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God” (2 Corinthians 7:1). And in his letter to the Romans, he exhorts us to “offer your bodies as living sacrifices, holy and pleasing to God,” and not to be conformed to the pattern of this world (Romans 12:1-2). Yet most Christians would agree that subordinating the constant pull of these worldly desires in order to please our Lord is not always an easy thing to do. Paul discusses his own inner conflict and struggle with sin in his letter to the Romans, “What I want to do I do not do...the evil I do not want to do – this I keep on doing...it is sin living in me that does it” (Romans 7:15-20).

Paul discusses self-discipline in his letter to the Corinthian church. As the Greeks had the Olympic games and the Isthmian games, they were very familiar with the rigors of athletic training, especially if one wanted to win the “prize” or the “crown.” Paul analogizes living a disciplined Christian life to an athlete in training: “Everyone who competes in the games goes into strict training” (1 Corinthians 9:25). When Paul says “I beat my body and make it my slave,” he is saying that his body is under the dominion and control of his mind, not the other way around. Paul is showing us how self-control is needed to win the race that is before us and to live the life that is “holy and pleasing to God.” For Paul, the “race” was winning souls for Christ, a goal which he states four times in verses 19-22.

It is important to understand that self-control is a work of the Holy Spirit, not a work of the individual. After all, Galatians 5:22-23 lists the fruit of the Spirit, not the fruit of the Christian. As we are merely the branches upon which the Vine (Christ) hangs the fruit He produces (John 15:1-8), it is the indwelling presence of the Holy Spirit that gives Christians the power and ability to exercise self-control so that we will not be mastered by the “cravings of sinful man.”

Source: gotquestions.org

## KEY VERSE

I Corinthians 9:25 (NKJV)

*“And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.”*

## WEEKLY READINGS

**Monday: I Corinthians 9:24-27; Romans 7:15-20, 12:1-2**

### Introduction

1. Would you describe yourself as a person with good self discipline or not? What are some areas of your life where you have good self discipline? What are some areas where you can improve?
2. The article on the cover states “Yet most Christians would agree that subordinating the constant pull of these worldly desires in order to please our Lord is not always an easy thing to do.” What makes it difficult?

**Tuesday: I Corinthians 9:24; Hebrews 12:1-2; Matthew 25:23**

### Self Discipline Requires Fervent Desire

3. In I Corinthians 9:24, scripture compares the Christian life to a race. What do you think motivates Olympic runners to run?
4. What motivates you to win your race and receive the prize? How fervent is your desire to serve the Lord?

**Wednesday: I Corinthians 9:25; Proverbs 25:28; James 1:26**

### Self Discipline Requires Total Dedication

5. What do we learn about the need for total dedication from today’s readings?
6. What things do Olympic athletes do to compete at a high level? In what areas of your life do you need dedication in order to live your Christian life at a high level?

**Thursday: I Corinthians 9:26; Habakkuk 2:2; Ephesians 5:17**

### Self Discipline Requires Specific Direction

7. List something that God wants you to do. What will it require of you? How will you do it? How does knowing what God wants us to do provide direction?
8. Two weeks ago we learned about taking our goals to the next level. What are your goals in the area of self-discipline?
9. How can having goals help in our self discipline and provide direction?

**Friday: I Cor. 9:27; Romans 6:11-14; Galatians 2:16, 5:16-26**

### Self Discipline Requires Consistent Dominance Over Sin

10. I Corinthians 9:27 continues the athletic analogy to our Christian life. What kind of disqualification is mentioned in this verse? How are we justified according to Galatians 2:16?
11. In what areas of your life are you demonstrating the ability to overcome sin? Where are you struggling?
12. How does the Holy Spirit empower us to have discipline in our lives?