

**IV. SELF DISCIPLINE REQUIRES CONSISTENT DOMINANCE**

*“But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.”*  
I Corinthians 9:27

**A. Avoid being disqualified because of sin.**

*“knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified.”*  
Galatians 2:16

*“11 Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.*

*12 Therefore do not let sin reign in your mortal body, that you should obey it in its lusts.*

*13 And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God.*

*14 For sin shall not have dominion over you, for you are not under law but under grace.”*

Romans 6:11-14

**B. Know that self control comes through Spirit control.**

*“You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.”*  
I John 4:4

*“I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.”*  
Galatians 5:16

**NEXT LEVEL LIVING**

Next Level Discipline

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**INTRODUCTION**

**A.** Are you ready to take your life to the Next Level in this new year? The challenge is that wishing and wanting it will not make it happen. Action is required. The good news is you do not have to do it alone. God will help you to fulfill the actions that are necessary to elevate your life to your new next level.

*“Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert.”*  
Isaiah 43:19

**B.** There are three vital questions you must answer to advance to the next level:

1. What level am I now?
2. What is my next level?
3. What actions must I do to get to the next level?

**C.** This series will equip you with the six core actions that are necessary to go to the next level in any area of your life. The messages include:

Jan 9	Next Level Faith
Jan 16	Next Level Goals
Jan 23	Next Level Health
Jan 30	Next Level Prayer
TODAY	Next Level Discipline
Feb 13	Next Level Teamwork

Come and hear these messages and discover what actions are needed to take your life to the next level!

**D. TEXT:** I Corinthians 9:24-27

Self discipline is saying no to your feelings!

**TAKE ACTION AND DO NEXT LEVEL DISCIPLINE!**

## HOW TO TAKE YOUR DISCIPLINE TO THE NEXT LEVEL

### I. SELF DISCIPLINE REQUIRES FERVENT DESIRE

*“Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it.”* I Corinthians 9:24

#### A. Desire to win the race.

*“not lagging in diligence, fervent in spirit, serving the Lord;”* Romans 12:11

*“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,”* Hebrews 12:1

#### B. Run to receive the prize.

*“I press toward the goal for the prize of the upward call of God in Christ Jesus.”* Philippians 3:14

*“His lord said to him, ‘Well done, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’”* Matthew 25:23

### II. SELF DISCIPLINE REQUIRES TOTAL DEDICATION

*“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.”* I Corinthians 9:25

#### A. You must rule your moods.

*“Whoever has no rule over his own spirit is like a city broken down, without walls.”* Proverbs 25:28

#### B. You must bridle your words.

*“If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one’s religion is useless.”* James 1:26

#### C. You must redeem your time,

*“15 See then that you walk circumspectly, not as fools but as wise,  
16 redeeming the time, because the days are evil.”* Ephesians 5:15-16

#### D. You must count your money.

*“For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it—* Luke 14:28

#### E. You must sanctify your body.

*“3 For this is the will of God, your sanctification: that you should abstain from sexual immorality;  
4 that each of you should know how to possess his own vessel in sanctification and honor,”* I Thessalonians 4:3-4

### III. SELF DISCIPLINE REQUIRES SPECIFIC DIRECTION

*“Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air.”* I Corinthians 9:26

#### A. Aim at goals.

*“Then the LORD answered me and said: “Write the vision And make it plain on tablets, That he may run who reads it.”* Habakkuk 2:2

#### B. Discover what God wants you to do and then do it.

*“Therefore do not be unwise, but understand what the will of the Lord is.”* Ephesians 5:17