

Sabbatical Journey, Week 7

The bane & blessing of discipline

Discipline often feels like a dirty word – about making myself do things I don't want to do. Often the problem here is with our wants. I don't typically have to discipline myself to eat because I long to eat.

How do you cultivate good desires?

Are there new desires you sense God wanting to develop? How will you respond to them?

Even so, the Bible does instruct us to discipline. And the work of the Spirit brings self-control, an essential attribute to discipline. Read the following passages and meditate on them this week.

Galatians 5:22-23

1 Timothy 4:7-8

1 Corinthians 9:25-27

2 Peter 1:1-11

How do they connect discipline and self-control?

What other qualities seem to surround discipline and self-control? How do they help your understanding of the operation of discipline and self-control in our lives?

What does the surrounding context of these verses add to your understanding?

How do you understand the connection of discipline and self-control to Sabbath and rest?

Do you tend to have a negative connotation of discipline and self-control?

How can the cultivating of good desires help turn discipline and self-control into the positive means to achieve our true desires?

How do the subversive desires of our old man undercut our advancement to spiritual rest and sell us short of what we really want and need?