

Spirit of Discipline (Notes)

Bruce Hardee on November 29, 2020

1. Intro on Herschel Walker daily pushups & sit-ups, etc.

1. HW 1970+ college & pro football athlete harnessed power of discipline through good habits
2. His habits to prepare for football were pushups & sit-ups
 1. Daily habit was 1500 push-ups, 3000 sit-ups (train race)
3. You might question saying can't sustain that—he's still doing
4. You might question saying I am not a creature of habit (examine just your morning routine)
5. Today build on this physical discipline discussion with spiritual discipline

2. Key verses from our reading 1 Tim 4:7-8

1. a. 7 ...discipline yourself for the purpose of godliness; 8 for bodily training is *just* slightly beneficial, but godliness is beneficial for all things, since it holds promise for the present life and *also* for the *life* to come (1 Timothy 4:7-8NASB)
2. Interesting all the focus the world puts on what is just slightly beneficial (e.g. gym, jog)
3. We need to make sure our effort is weighted toward eternity with godliness

3. Godliness shifts from just outer to inner man also—working together

1. 16 Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. 17 For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, 18 while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal. (2 Corinthians 4:16, NASB)
2. Encouraging we have this inner man upon our spiritual birth but I believe we underestimate the outer man—the flesh
3. This is the fight of a lifetime between the two (I do not do what I want)
 1. Romans 7:23-25, 23 but I see a different law in [a]the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members. 24 Wretched man that I am! Who will set me free from the body of this death? 25 Thanks be to God through Jesus Christ our Lord! So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin
 2. When I am judgmental, I need to remember this truth
 3. It will not get easier with age, rather flesh's self-preservation kicks in as body deteriorates screaming louder
 1. It demands a growing maturity to match it

4. How can we win this fight

1. must realize who you are
 1. You are children of God
 2. **John 10:34**, Jesus answered them, “Is it not written in your Law, ‘I have said you are “gods”’[a]? 35 If he called them ‘gods,’ to whom the word of God came—and Scripture cannot be set aside—
 3. Devil wants to distract you from this truth
 1. Sad is unbeliever without a clue

2. Worse is believer listening to world tells us how weak we are and no exceptionalism
2. how you are made
 1. Believe we rightly look at God but underestimate ourselves
 2. For God has not given us a spirit of timidity, but of power and love and discipline. (2 Timothy 1:7, NASB).
 3. To continue our sports analogy, many a gifted athlete doesn't develop said gift

5. Foundations of how we are made

1. Soldier made to focus on the job
 1. No soldier in active service entangles himself in the affairs of everyday life, so that he may please the one who enlisted him as a soldier. (2 Timothy 2:4, NASB)
 2. We live in a world changing at an accelerated pace and information exemplifies this. Multi-tasking can no longer keep up. We must focus.
2. Athlete made to obey the rules
 1. Also if anyone competes as an athlete, he does not win the prize unless he competes according to the rules. (2 Timothy 2:5, NASB)
 2. Don't make exception in a world that's even changing the rules
3. Farmer made to accept fruit of labor
 1. The hard-working farmer ought to be the first to receive his share of the crops. (2 Timothy 2:6, NASB)
 2. No holiness through denial (e.g. All of us need prayer)

6. Good habits for individuals

1. Brethren, join in following my example, and observe those who walk according to the pattern you have in us. (Philippians 3:17, NASB). Just as HW inspired me.
2. Universal: Paul didn't say pattern or habit ability has exceptions (e.g. varies by personality type)
3. Alternative: whose end is destruction, whose god is their appetite, and whose glory is in their shame, who set their minds on earthly things. (Philippians 3:19, NASB)
4. Process: The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you. (Philippians 4:9, NASB)
 1. Pastor Hogan often shares habits for us to take note of (e.g. quite time on porch every morning, Psalms, life verses memorized, sharing or giving Gospel out shopping)

7. Good habits for the Church

1. Why meet: not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near. (Hebrews 10:25, NASB)
 2. Why public reading of Scripture: All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; (2 Timothy 3:16, NASB)
 3. Why fellowship time: Iron sharpens iron, So one man sharpens another. (Proverbs 27:17, NASB)
2. **Good habits are linked to a stable faith**
 1. For even though I am absent in body, nevertheless I am with you in spirit, rejoicing to see your good discipline and the stability of your faith in Christ. (Colossians 2:5, NASB)
 3. **Look at how 1 Tim 4 applied these truths**

4. Summary

1. Fight of your life
2. Remember you are a child of God with The Spirit of Discipline
3. Power of good spiritual habits
4. Corona virus created biggest shift in habits worldwide in decades—as always the question is did we use it for good or bad habits.
 1. **24** Do you not know that those who run in a race all run, but *only* one receives the prize? Run in such a way that you may win. **25** Everyone who competes in the games exercises self-control in all things. So they *do it* to obtain a perishable wreath, but we an imperishable. **26** Therefore I run in such a way as not *to run* aimlessly; I box in such a way, as [i]to avoid hitting air; **27** but I strictly discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.(1 Corinthians 9:27, NASB)
5. Be thankful this holiday for The Spirit of Discipline God gave you