

<p>1. Definition:</p> <ul style="list-style-type: none"><li>to discipline yourself (verb) <b>1128 γυμνάζω</b> - <i>gumnázō</i> = to exercise or train vigorously naked in the palaestra (wrestling school)</li><li>discipline (noun) <b>1129 γυμνασία</b> - <i>gymnasia</i> = exercise suggesting training for competition  = activity, exercise, or a regimen that develops or improves a skill (dictionary.com)</li></ul> <p>a) this word (verb) is used 4 times in the New Testament:</p> <ul style="list-style-type: none"><li>1 Timothy 4:7 – discipline yourself</li><li>Hebrews 5:14 – trained senses</li><li>Hebrews 12:11 – have been trained</li><li>2 Peter 2:14 – trained in greed</li></ul> <p>b) the disciplines are NOT:</p> <ul style="list-style-type: none"><li>character traits</li><li>fruit of the Spirit</li><li>attitudes</li></ul> <p>c) the disciplines are:</p> <ul style="list-style-type: none"><li>ongoing activities</li><li>ongoing practices</li><li>ongoing deeds</li><li>biblical</li></ul>	<p>2. We will focus on those disciplines that</p> <ol style="list-style-type: none"><li>the Bible commands believers to do</li><li>have been practiced since biblical times</li></ol> <p>3. The result of practicing the disciplines:</p> <ul style="list-style-type: none"><li>we are <u>trained</u> to discern good and evil</li><li>yields the peaceful fruit of righteousness</li></ul> <p>4. The goal or purpose of discipline is godliness = holiness → CHRISTLIKENESS</p> <p>5. To exercise the disciplines means hard work – we <u>labour</u> and <u>strive</u></p> <p><b>2872 κοπιάω</b> <i>kopiaō</i> = to exhibit great effort and exertion = to toil even to the point of utter exhaustion if necessary = this word emphasizes the weariness that follows the straining of all one's powers to the utmost</p> <p><b>75 ἀγωνίζομαι</b> <i>agonizomai</i> = to contend in the gymnastic games = to strain, to toil, to suffer extreme pain = to suffer violent anguish (of body or mind) = this word emphasizes tireless labour and struggles against all manner of setbacks and opposition</p>	<p>6. Exercising the disciplines requires keeping our focus on the goal; fixing our hope on the living God</p> <p>7. Discipline means removing encumbrances and discarding whatever would hinder our success (Heb 12:1-2)</p> <p>8. Doing the disciplines requires time management in line with our goal of becoming godly, Christlike people</p> <p>9. Practicing the disciplines can look like legalism but if our motive is to please God and to grow closer to Him, it need not be drudgery but rather delight</p> <p>10. Disciplining ourselves to godliness holds promise, not just for this present life but also for the life to come</p> <p>11. God has granted us everything required for godliness in the true knowledge of Him (2 Pet 1:2-3)</p> <p>12. We will continue to be constantly nourished on the words of the faith and of sound doctrine</p>
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