DISCIPLINED LIVING
Family & Group Study

✓ Key Scriptures

- 2 Timothy 2:4-6
- Titus 1:8

✓ Discussion Questions

1. Why is discipline important?

2. What are the enemies of discipline?

3. What benefits come from a disciplined life?

4. What are the consequences of an undisciplined life?

5. Paul instructs Timothy (and us) with 3 examples.
   - **Soldier** – Vision and Trust
     - Seeks to honor commander
     - Trusts the orders given
     - Runs into danger without all the answers
     - Authority and submission
     - Has a clear vision of self
   - **Athlete** – Accountability
     - Held accountable by the rules of the game.
     - Doesn’t win unless competes according to the rules
   - **Farmer** – Effort
     - Only the farmer who does the work participates in the harvest

6. Discipline requires: **Vision** – **Trust** – **Accountability** – **Effort**
   Which of these do you need to work on most?

7. A disciplined life is not natural to a fallen heart. What do you need to do to surrender anything in your heart to the supernatural work of God?
✓ Activity

Starting something or getting rid of something unnecessary takes discipline.

- Brainstorm as a family what each family member could do to exercise a new level of discipline. Perhaps it is a new physical exercise, reading, or journaling. It could also be cutting out some screen time, food items, or poor language.

- Start with keeping to this for a week and then get back together to read one of the passages of scripture and discuss how it went.