

The Climb – Part 6

How To Build Discipline and Self-Control

When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. Arriving at a quiet place, he sat down and taught his climbing companions.

Matthew 5:1-2 (MSG)

Principle: Those committed to Climb with Jesus understand that they need wisdom and discipline to fulfill God's purpose.

Get the truth and never sell it; also get wisdom, discipline, and good judgment.

Proverbs 23:23 (NLT)

A person without self-control is like a city with broken-down walls.

Proverbs 25:28 (NLT)

How To Build Discipline and Self-Control:

- **Start early.**

Don't let the excitement of youth cause you to forget your Creator. Honor him in your youth before you grow old and say, "Life is not pleasant anymore."

Ecclesiastes 12:1 (NLT)

The angel of the Lord appeared to Manoah's wife and said, "Even though you have been unable to have children, you will soon become pregnant and give birth to a son. So be careful; you must not drink wine or any other alcoholic drink nor eat any forbidden food. You will become pregnant and give birth to a son, and his hair must never be cut. For he will be dedicated to God as a Nazirite from birth. He will begin to rescue Israel from the Philistines."

Judges 13:3-5 (NLT)

So Manoah asked him, "When your words come true, what kind of rules should govern the boy's life and work?" 13 The angel of the Lord replied, "Be sure your wife follows the instructions I gave her. 14 She must not eat grapes or raisins, drink wine or any other alcoholic drink, or eat any forbidden food."

Judges 13:12-14 (NLT)

One day when Samson was in Timnah, one of the Philistine women caught his eye. When he returned home, he told his father and mother, "A young Philistine woman in Timnah caught my eye. I want to marry her. Get her for me." His father and mother objected. "Isn't there even one woman in our tribe or among all the Israelites you could marry?" they asked. "Why must you go to the pagan Philistines to find a wife?" But Samson told his father, "Get her for me! She looks good to me."

Judges 14:1-3 (NLT)

Although Samson had the spiritual pedigree to be great, he did not have the discipline or self-control to maintain his greatness.

- **Start small.**

As Samson and his parents were going down to Timnah, a young lion suddenly attacked Samson near the vineyards of Timnah. At that moment the Spirit of the Lord came powerfully upon him, and he ripped the lion's jaws apart with his bare hands. He did it as easily as if it were a young goat. But he didn't tell his father or mother about it. When Samson arrived in Timnah, he talked with the woman and was very pleased with her. Later, when he returned to Timnah for the wedding, he turned off the path to look at the carcass of the lion. And he found that a swarm of bees had made some honey in the carcass. He scooped some of the honey into his hands and ate it along the way. He also gave some to his father and mother, and they ate it. But he didn't tell them he had taken the honey from the carcass of the lion.

Judges 14:5-9 (NLT)

One day Samson went to the Philistine town of Gaza and spent the night with a prostitute.

Judges 16:1 (NLT)

How did Samson get there? He did not apply the discipline that wisdom requires.

- **Start now.**

So don't lose a minute in building on what you've been given, complementing your basic faith with good character, spiritual understanding, alert discipline...

2 Peter 1:5-6a (MSG)

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

1 Timothy 4:7-8 (NIV)

- **A reason many of us fail to have self-control is because we try to negotiate in the moment of the test or temptation, instead of making up our minds before it ever comes.**
- **The greatest key to discipline and self-control is: to be under the Holy Spirit's control.**

But when the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control;

Galatians 5:22-23a (TLB)

Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there.

Galatians 5:24 (NLT)

- **Be willing to engage in an intentional partnership with the Holy Spirit.**

*My dear friends, you have always obeyed God when I was with you. It is even more important that you obey now while I am away from you. **Keep on working to complete your salvation with fear and trembling**, because **God is working in you to help you** want to do and be able to do what pleases him.*

Philippians 2:12-13 (NCV)

*So we keep on praying for you, asking our God to enable you to live a life worthy of his call. **May he give you the power to accomplish all the good things your faith prompts you to do.** Then the name of our Lord Jesus will be honored because of the way you live, and you will be honored along with him. This is all made possible because of the grace of our God and Lord, Jesus Christ.*

2 Thessalonians 1:11-12 (NLT)

***Do everything without complaining or arguing.** Then you will be innocent and without any wrong. You will be God's children without fault. But you are living with crooked and mean people all around you, among whom you shine like stars in the dark world*

Philippians 2:14-15 (NCV)

***Your faith makes you offer your lives** as a sacrifice in serving God. If I have to offer my own blood with your sacrifice, **I will be happy and full of joy** with all of you. **You also should be happy and full of joy** with me.*

Philippians 2:17-18 (NCV)

*But that does not mean we want to dominate you **by telling you how to put your faith into practice.** We want to work together with you **so you will be full of joy**, for it is by your own faith that you stand firm. **2 Corinthians 1:24 (NLT)***