



# 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.
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