The Gladness of a Disciplined Life

Discipline has fallen out of favor in recent years. It seems contrary to spontaneity, freedom, and fun. One way of seeing that discipline is essential for enjoying God is to note that *“the triumphing of the wicked is short, and the joy of the godless momentary”* (Job 20:5), but the godly rejoice in God (Psalm 30:4-5; 97:10-12).

**You can’t be glad in God without godliness.**

**1. You can’t be godly without the *new birth***

Through the power of God (3) you receive—

A. Faith in the *promises* (1, 4)

B. A share in the *divine nature* (4)

C. All you need to become *godly* (3)

**2. You can’t be godly without *effort***

A. Earnest *diligence* (5, 10; 3:14)

B. The *yoke* and the daily *cross*

Matthew 11:28-30; Luke 9:23

**3. You can’t be godly without *discipline***

A. *Control* of appetites, anger, & actions (6)

B. *Perseverance* through hardships (6)

**4. You can’t be godly without the *disciplines***

1 Timothy 4:7-8; 1 Corinthians 9:24-27; 10:12-13

The disciplines are God’s way of—

A. Making you godly by *His Spirit*

Romans 8:12-14

B. Making you glad in *God Himself*

Psalm 16:11; 21:6; 43:4

**For Personal Reflection or Family Discussion**

1. What was the most important or helpful thing you heard in the sermon?

2. What questions did the sermon raise in your mind?

What was the most convicting part of the message?

3. Which of the following disciplines have you actively and diligently pursued? Which do you need to develop?

(List from Dallas Willard, *The Spirit of the Disciplines*)

Disciplines of Abstinence

solitude

silence

fasting

frugality

chastity

secrecy

sacrifice

Disciplines of Engagement

study

worship

celebration

service

prayer

fellowship

confession

submission

Other books on the spiritual disciplines include—

Donald S. Whitney, *Spiritual Disciplines for the Christian Life;* and *Spiritual Disciplines within the Church*

Richard Foster, *Celebration of Discipline*