

## Becoming a Great Leader

### Lesson 4-5: Discipline

#### Discussion Guide – Confidentiality Reminder

#### One Word Check-in

#### Update – Personal, Business, Leadership

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*“Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.” 1 Corinthians 9:24-27 (NLT)*

**Discipline is the secret to accomplishing what you want in life.** This applies to everyone, whether you are a front-line worker, a mom, a business executive, a blue-collar worker, a teenager, a college student, a Christian or an atheist. Do you want to grow in your relationship with Jesus? You need to develop spiritual disciplines. Do you want to be a better parent? You must discipline yourself to spend more time with your spouse and your kids. Do you want to grow your leadership skills/potential? Then you must discipline yourself to learn all that you can about leadership, find an excellent coach and work in an environment that allows you to grow your leadership.

**Discipline is a battle of the will, which is a battle within the mind.** It begins by deciding that you are going to accomplish something. The more meaningful the goal is to you, the more likely you will achieve it. You must not have doubts about being able to accomplish the goal. If you do, you will fail. For example, over 90 percent of people drop out of Navy Seal training. The 10 percent that do succeed have the mentality that they will never give up. The bottom line is that achieving a difficult goal requires mental toughness, determination to persevere and discipline to accomplish the task.

**Discipline comes natural for a few people, but for the most part, it is a habit to create and cultivate.** You start forming habits when you are born and by the time you are a teenager, your habits are well established. Can we change as we age? Absolutely, but it is more difficult. Four-star Admiral William McRaven says in his writings that it begins with the discipline to make your bed first thing in the morning. This may or may not be true, but the earlier we begin creating discipline in our lives, the easier it becomes.

**The enemy of discipline is procrastination,** laziness, distractions, indifference, lack of commitment, short-sightedness and saying, “I can’t” or “This is too hard.” The biggest enemy in today’s culture is our addiction to mobile phones. It is so easy to get absorbed into social media, videos and games that waste your time.

#### **Shared Experiences:**

- Can someone share an area where they have discipline and an area where they need more discipline?
- How well do each of you practice the daily spiritual discipline of studying the Word and prayer?
- What is it that you have not accomplished in life that you would like to? What would it take for you to achieve this? What decision or discipline is necessary?
- Can each of you describe how disciplined you are at work versus at home? Is there a difference? Why?
- Can someone share how they have or have not overcome indecision? What has been the result?
- What is the biggest enemy you face in being disciplined?
- How do you balance the patience necessary to make the best decision possible?

**Bottom line:** Paul, in the Scripture above, ran his race with endurance, setting his mind on the prize of eternity in heaven with Jesus. Paul accomplished his assignment by disciplining his mind and body to follow Christ. We must do the same thing. We have great potential, which can only be achieved by deciding to focus on what is really important.

#### One Word Check-out

### Dig Deeper

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#### Want to learn more?

- *Video:* [Little Things that can Change Your Life and the World](#) given at the University of Texas at Austin 2014 Commencement Address – Admiral William H. McRaven
- *Book:* [Make Your Bed – Little Things that can Change Your Life... and Maybe the World](#) by Admiral William H. McRaven
- *Article:* [Why do so many people procrastinate and how do you overcome it?](#) from McGraw Center for Teaching and Learning, Princeton University
- *Article:* [The Secret to Discipline No One Ever Talks About. It's not about staying steadfast and avoiding all temptations](#) by David Finkel at Inc.com
- *Book:* [God's Smuggler](#) by Brother Andrew with John and Elizabeth Sherrill. This is one of the most challenging books you will ever read in your life. It is not about business, but it is about fully surrendering and following.
- *Video:* [Discipline Equals Freedom](#) by Jacko Willink
- *Book:* [Discipline Equals Freedom Field Book](#) by Jacko Willink

#### Next steps – Complete the following sentences:

I have decided to \_\_\_\_\_ because \_\_\_\_\_.

I will do this by \_\_\_\_\_.

The person that will keep me accountable is \_\_\_\_\_.

#### Developing spiritual discipline

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The book of Psalms is filled with King David's thoughts and prayers to God. Even though David was a flawed person in some ways, he was a man after God's heart. Here is a question for you to ponder: Are you a person after God's heart? This is a great place for anyone to start as you think about how to contemplate His Word. Below is Psalm 1, which is rich in developing Spiritual discipline and understanding. Plant yourself by the riverbank.

##### **Psalms 1**

*Oh, the joys of those who do not follow evil men's advice, who do not hang around with sinners, scoffing at the things of God. But they delight in doing everything God wants them to, and day and night are always meditating on his laws and thinking about ways to follow him more closely.*

*They are like trees along a riverbank bearing luscious fruit each season without fail. Their leaves shall never wither, and all they do shall prosper.*

*But for sinners, what a different story! They blow away like chaff before the wind. They are not safe on Judgment Day; they shall not stand among the godly.*

*For the Lord watches over all the plans and paths of godly men, but the paths of the godless lead to doom.*