

Embracing Discipline

SUBSTANCE

Last Week:

Escaping Diversion

This Week:

Embracing Discipline

It's not about trying harder. It's about having one master.

Matthew 6:24

"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and mammon..."

When *worldliness* is our master,
diversion is our practice,
and *passivity* will mark our character.

Matthew 6:33

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

4 Marks: Seeking the things of his kingdom

- 1. Self-Sacrificial Love**
- 2. The Mind of Christ**
- 3. Virtuous Freedom**
- 4. In Step with the Spirit**

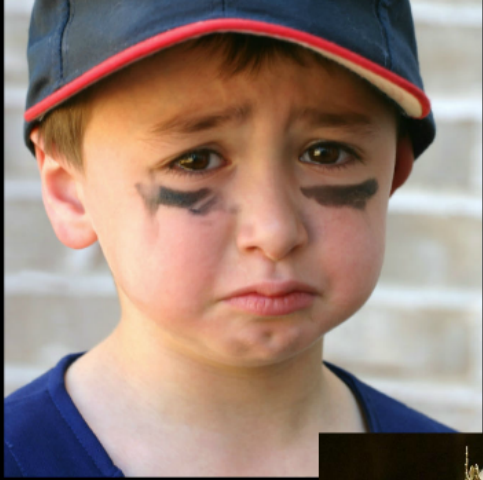
Practices/mindsets:

Forging the practices of substance.

- 1. Welcoming the Ordinary**
- 2. Escaping Diversion** (the heart of fighting worldliness)
- 3. Embracing Discipline** (forging substance)
- 4. Belonging to the Formational Community**

(To really pursue the 4 Marks of character, we *must* pursue these 4 Disciplines of heart and mind)

We let ourselves off the hook: **Passivity**



"An admirable evasion of whoremaster man to lay blame for his goatish disposition to the charge of a star."

Fall Guy: Determinism

Nature is against us



David Goggins
40% Rule



Badwater 135
vs.
Atrial Aeptum defect



Training Montage: The most boring part of the story...



6 min +



3:22

...is the part that makes the triumph possible.

God has *empowered us*
to *forge ourselves*
into people of substance

Philippians 3:12

Not that I have already obtained all this, or have already been made perfect, but...

**...I press on to take hold
of that for which
Christ Jesus took hold of me.**

Jesus took hold of me  So I would take hold of spiritual maturity.

'in Him' (John 3:20)

Hebrews 12:1-4

Therefore, since we are surrounded by such a great cloud of witnesses, ***let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.*** Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ***Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. In your struggle against sin, you have not yet resisted to the point of shedding your blood.***

Clarification:

1. Discipline isn't legalism (for *capacity* not *approval*)

2. Martial Disciplines: "Virtues of discipline"

2 Timothy 2:3-7 (vs 4) No one serving as a soldier gets involved in civilian affairs—he wants to please his commanding officer.

God has empowered us to forge ourselves into people of substance through spiritual discipline.

(as he forges us—there is still no boasting)

John 3:20

Romans 3:27

1. Vigilance

6 Warnings...

Acts 20:25-32

Now I know that none of you among whom I have gone about preaching the kingdom *will ever see me again*. Therefore, I declare to you today that *I am innocent of the blood* of all men. For *I have not hesitated to proclaim* to you the whole will of God . *Keep watch over yourselves* and all the flock of which *the Holy Spirit has made you overseers*. *Be shepherds* of the church of God, which *he bought with his own blood*. I know that after I leave, *savage wolves will come in* among you and will *not spare the flock*. Even *from your own number* men will arise and distort the truth in order to draw away disciples after them. So *be on your guard!* *Remember* that for three years *I never stopped warning each of you night and day with tears*. "Now I commit you to God and to the word of his grace, which can build you up and give you an inheritance among all those who are sanctified.

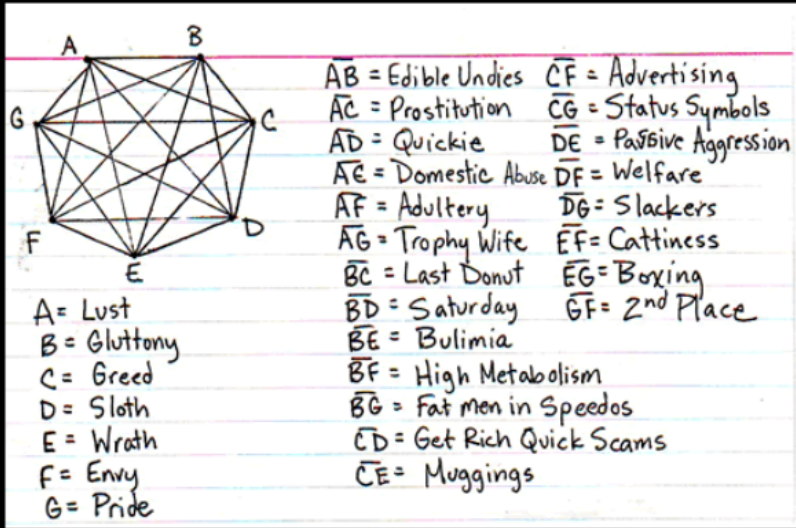


Defenses don't defend themselves



Obedience: All self-deception is a tragic blind spot

Know the usual suspects and your nemesis



“The outpost where you are not vigilant is the point where you will be conquered.”

“...left him until an opportune time...” Luke 4:13

2. Spiritual Brutality

Colossians 3:5-8 "Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming."

Romans 8:13-14 "For if you live according to the Flesh, you will die; but if by the Spirit *you put to death* the misdeeds of the body, you will live, because those who are led by the Spirit of God are sons of God."

Galatians 5:24 "Those who belong to Christ Jesus *have crucified* the Flesh with its passions and desires."

Luke 6:27-29

But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. If someone strikes you on one cheek, turn to him the other also.

The target of our brutality and ferocity is not our human enemies, it is indwelling sin. The Flesh is our only irredeemable enemy that we can kill.

2 last keys to Spiritual Brutality



We will be either brutal against the Flesh within, or sin will make us brutal people without.



You can have foxes, or you can have wine. You can't have both.

Song of Songs 2:10-15

3. Training Mentality

Hebrews 12:11-12

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees.

Single option mentality

You will only do the hardest and best option when you see it as the ***only real option.***

Everything is Training

Hebrews 12:5-7

"...And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son." {6 Prov. 3:11,12} Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father?"

4. Cooperation

(more next week)

- Helps us train
- Examples of right brutality
- Increased Vigilance

Why is the military almost always the most diverse
part of society?

Walking it through: 2 examples

When you're wrong.

1. Looking out for confirmation bias, defensiveness, affirmational anger, unfaithful friendship/advise, pride and fear.
2. Viciously attacking the pride and fear keeping you from repentance, restitution and reconciliation.
3. Repenting in a maximally humiliating, selfless and honest way—to disincentive future sins, clean out where sin will try to hide, and affirm the truth openly.
4. Restoring a faithful relationship and strengthening others with noble action.

Specific Temptation:

Lying/Exaggerating.

1. Not allowing any untruth to have space—no rationalizing.
2. Confess even trivial lies and exaggerations. Even if the person receiving your confession thinks its strange.
3. Do this every single time you lie or exaggerate—without fail, until you no longer are tempted to do it.
4. Ask others to hold you accountable, and spread a passion for the truth by what you do.

What are you prepared to do?

Matthew 5:29-30

If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.