



SEVEN SPICES
Part 3 : Discipline
Sunday October 10, 2010

Review : 2 Peter 1:5-11

Peter lists 7 things to add to our faith
Virtue (strong character)
Knowledge (spiritual understanding, renewed mind)
Discipline (Self-Control, temperance)
Perseverance (Endurance, patience)
Godliness (Purity, reverence)
Brotherly Kindness (fellowship, warm friendliness)
Love

If we do add these to our faith, that is develop these in our lives along with our faith -
- you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ (vs 8)
- for if you do these things you will never stumble (vs 10)

If you lack these, then you are
- shortsighted, even to blindness, - cannot see clearly or at best only see the immediate, but cannot see the long term (vs 9)
- forget that you were cleansed from your old sins and tend to go back (vs 9)

Message Bible

2 Peter 1:5-7

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

6 **alert discipline**, passionate patience, reverent wonder,

7 warm friendliness, and generous love, each dimension fitting into and developing the others.

Today: Add to your faith ... DISCIPLINE

Self-Control, Temperance, Alert Discipline

refers to mastery or control over all our desires, inclinations and appetites

same word used in :

Galatians 5:23

Discipline is something that the Holy Spirit desires to produce (develop) in us. It is a fruit of the Spirit.

Proverbs 16:32

Self-control is more powerful and rewarding than great accomplishments.

Proverbs 25:28

When a person lacks self-control she/he is vulnerable – exposed to danger, and can be easily taken captive.

Our objective is to bring our soul (mind, will and emotions) and body in subjection to the spirit.



Four Areas to develop discipline:

Discipline to develop our inner man

Ephesians 3:16 Ephesians 6:10 Isaiah 40:31

There is no shortcut to developing spiritual strength. It comes through disciplined pursuit of God's presence and through waiting upon Him.

Disciplining our mind

Develop discipline in the thoughts we think and what we feed our mind with.

Most people are defeated first in their mind, before they experience defeat in real life.

Philippians 4:8

Refuse to think negative.

Any thought that cannot reside in God's mind, has no right to stay in mine.

We are to have the "mind of Christ" (Philippians 2:5, 1 Corinthians 2:16). Christ saw things very differently. He could sleep in the middle of a storm. Any storm you can sleep in you can conquer. When we walk with the mind of Christ, we are able to keep our mind stayed on the Lord, instead of the storm (Isaiah 26:3) and hence can walk in perfect peace.

Our goal is to discipline our mind to become a renewed mind (Romans 12:2)

A renewed mind embraces God's Ways and God's Thoughts Isaiah 55

Beyond Understanding

The first step towards renewing the mind is giving up the right to understand.

I am convinced of realities that I cannot comprehend (Hebrews 11:1).

I walk in a peace that is beyond understanding (Philippians 4:7).

I follow the ways of God whose ways cannot be understood (Romans 11:33).

I enjoy a joy that I cannot fully express, a joy that is full of glory (1 Peter 1:8)

What I do not understand does not limit me or restrain me. If it is God, I will follow Him!

A Clean Mind Versus A Renewed Mind

Many of us confuse a "clean mind" with a "renewed mind".

A clean mind is good. We must maintain a pure mind.

A clean mind is good, but it still limits itself to the finiteness of man. It still limits itself to the thoughts and ways of man. We are called to walk with a renewed mind. A renewed mind embraces the thoughts and ways of God which are much higher than man.

A clean mind lives in the realm of understanding. A renewed mind operates in the realm of "beyond understanding".

A clean mind goes with what the mind understands. A renewed mind goes with what the heart believes.

A clean mind operates in the natural realm. A renewed mind operates in the spiritual realm.

A clean mind shows how good a man is. A renewed mind displays how great God is.

As believers we are called not just to walk with a clean mind, but a renewed mind.]

Disciplining our body

We must take care of our bodies as this is the "temple" of God. 1 Corinthians 6:19



Develop good eating, exercise and rest habits. Eat right, Exercise often and rest well.

Your greatest assignment may still be ahead of you. Do not let poor health or age keep you from fulfilling God's greatest for your life.

A lot of health problems can be avoided if we simply developed good eating, exercise and rest habits.

We must also discipline other desires of our body. We will discuss more on this when we talk about godliness.

Discipline in using our resources

Time, Money, Talents

Ephesians 5:15,16

How do we develop discipline:

1, Think different

1 Corinthians 6:12

Accept delayed gratification or deny gratification of a lesser thing in order to enjoy something more valuable.

2, Walking in the Spirit

Galatians 5 Romans 6-8

Walk yielded to the Spirit

3, Training

1 Corinthians 9:25-27

The key to any successful training is consistency. Without consistency, there will not be much progress.

Set achievable and measurable goals and pursue them. Set some goals to go after in each area, as you train yourself.

Summarize HBR Article below.

We must learn to press past pain to arrive at the place of pleasure

Benefits of Discipline

Productivity/fruitfulness, Self-esteem, Glorify God,

INVITATION TO RECEIVE CHRIST

We like to end our services by giving an invitation to any one here who has never experienced the power of Jesus Christ in their lives to do so. The Lord Jesus Christ, who is God – came into this world about 2000 years ago, as a Man. He was crucified on a cross where He took upon Him the sins of the whole world and paid for them. He died and rose up again, and ascended back into heaven. He is alive today. If you will believe in Him you will be saved.

ALTAR CALL



Six Keys to Being Excellent at Anything

2:21 PM Tuesday August 24, 2010

by Tony Schwartz

(Source: Harvard Business Review http://blogs.hbr.org/cs/2010/08/six_keys_to.html)

I've been playing tennis for nearly five decades. I love the game and I hit the ball well, but I'm far from the player I wish I were.

I've been thinking about this a lot the past couple of weeks, because I've taken the opportunity, for the first time in many years, to play tennis nearly every day. My game has gotten progressively stronger. I've had a number of rapturous moments during which I've played like the player I long to be.

And almost certainly could be, even though I'm 58 years old. Until recently, I never believed that was possible. For most of my adult life, I've accepted the incredibly durable myth that some people are born with special talents and gifts, and that the potential to truly excel in any given pursuit is largely determined by our genetic inheritance.

During the past year, I've read no fewer than five books — and a raft of scientific research — which powerfully challenge that assumption (see below for a list). I've also written one, *The Way We're Working Isn't Working*, which lays out a guide, grounded in the science of high performance, to systematically building your capacity physically, emotionally, mentally, and spiritually.

We've found, in our work with executives at dozens of organizations, that it's possible to build any given skill or capacity in the same systematic way we do a muscle: push past your comfort zone, and then rest. Aristotle Will Durant*, commenting on Aristotle, pointed out that the philosopher had it exactly right 2000 years ago: "We are what we repeatedly do." By relying on highly specific practices, we've seen our clients dramatically improve skills ranging from empathy, to focus, to creativity, to summoning positive emotions, to deeply relaxing.

Like everyone who studies performance, I'm indebted to the extraordinary Anders Ericsson, arguably the world's leading researcher into high performance. For more than two decades, Ericsson has been making the case that it's not inherited talent which determines how good we become at something, but rather how hard we're willing to work — something he calls "deliberate practice." Numerous researchers now agree that 10,000 hours of such practice as the minimum necessary to achieve expertise in any complex domain.

There is something wonderfully empowering about this. It suggests we have remarkable capacity to influence our own outcomes. But that's also daunting. One of Ericsson's central findings is that practice is not only the most important ingredient in achieving excellence, but also the most difficult and the least intrinsically enjoyable.

If you want to be really good at something, it's going to involve relentlessly pushing past your comfort zone, along with frustration, struggle, setbacks and failures. That's true as long as you want to continue to improve, or even maintain a high level of excellence. The reward is that being really good at something you've earned through your own hard work can be immensely satisfying.

Here, then, are the six keys to achieving excellence we've found are most effective for our clients:

- 1. Pursue what you love.** Passion is an incredible motivator. It fuels focus, resilience, and perseverance.
- 2. Do the hardest work first.** We all move instinctively toward pleasure and away from pain. Most great performers, Ericsson and others have found, delay gratification and take on the difficult work of practice in the mornings, before they do anything else. That's when most of us have the most energy and the fewest distractions.
- 3. Practice intensely,** without interruption for short periods of no longer than 90 minutes and then take a break. Ninety minutes appears to be the maximum amount of time that we can bring the highest level of focus to any given activity. The evidence is equally strong that great performers practice no more than 4 ½ hours a day.
- 4. Seek expert feedback, in intermittent doses.** The simpler and more precise the feedback, the more equipped you are to make adjustments. Too much feedback, too continuously, however, can create cognitive overload, increase anxiety, and interfere with learning.
- 5. Take regular renewal breaks.** Relaxing after intense effort not only provides an opportunity to rejuvenate, but also to metabolize and embed learning. It's also during rest that the right hemisphere becomes more dominant, which can lead to creative breakthroughs.



6. Ritualize practice. Will and discipline are wildly overrated. As the researcher Roy Baumeister has found, none of us have very much of it. The best way to insure you'll take on difficult tasks is to ritualize them — build specific, inviolable times at which you do them, so that over time you do them without having to squander energy thinking about them.

I have practiced tennis deliberately over the years, but never for the several hours a day required to achieve a truly high level of excellence. What's changed is that I don't berate myself any longer for falling short. I know exactly what it would take to get to that level.

I've got too many other higher priorities to give tennis that attention right now. But I find it incredibly exciting to know that I'm still capable of getting far better at tennis — or at anything else — and so are you.

Here are the recent books on this subject:

- Talent is Overrated by Geoffrey Colvin. My personal favorite.
- The Talent Code by Daniel Coyle
- Outliers by Malcolm Gladwell
- The Genius in All of Us by David Schenk.
- Bounce by Mathew Syed

** Thanks to commenter Rick Thomas for pointing out the misattribution.*

Tony Schwartz is president and CEO of The Energy Project. He is the author of the June, 2010 HBR article, "The Productivity Paradox: How Sony Pictures Gets More Out of People by Demanding Less," and coauthor, with Catherine McCarthy, of the 2007 HBR article, "Manage Your Energy, Not Your Time." Tony is also the author of the new book "The Way We're Working Isn't Working: The Four Forgotten Needs that Energize Great Performance" (Free Press, 2010).



USEFUL RESOURCES



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