



PART 3 DISCIPLINE OVER REGRET

We are the sum total of the choices we've made

DISCIPLINE: Choosing between what you want _____ and what you want _____.

Romans 7:15, 18-19, 24-25

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.....

- On our own, over time, we are prone to make the wrong choices.

1 Corinthians 9:24-25

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.

What do you want most?

What do you need to choose _____ to achieve what you want _____?

1 Corinthians 9:26-27

I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete.....

- If you don't do something now, about that which you want most, that will very likely become your greatest regret.

BLANKS: NOW, MOST, NOW, MOST

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TEACHING NOTES



PART THREE: DISCIPLINE OVER REGRET

Pastor Craig Groeschel Lifechurch

TAKE IT WITH YOU...

1. ACCEPT THE REALITY OF PAIN

We don't want to dwell on it. It's not about being pessimistic. But it's healthy to be real. Life is often painful. In John 16:33 Jesus is quoted as saying: *"I have told you all this so that you may have peace in Me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."* If we expect life to be pain-free, we'll live in disappointment, defeat (and probably bitterness toward God).

2. SO, WHAT DO YOU WANT MOST?

Did you pause to think about this when Pastor Craig directed you to? Unless we have already identified it, in reality, it is probably too big of a question to answer spontaneously. So, take some time to really think about it and pray about it. As an incentive, consider that unless it's identified as something we are willing to work for...we'll never really get there. Time goes by. Another week, month, year and we're no closer to it...unless we are disciplined.

3. DISCIPLINE LOVES ACCOUNTABILITY

This could be another good teaching - one where we're glad we've heard it. We nod. We make the decision to "try harder", start doing something or stop doing something but honestly we all know that without accountability, there's very little chance anything will change. Do you have someone in your life who will hold you accountable if you ask them? Are you willing to be humble and ask them? If we want to choose discipline over regret, accountability is a must.

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