

# Self-Discipline

---

*Detailed Outline*

*Part 3 of 3*

## III. How to Develop Self-Discipline

### D. Some practical organization helps (cont.)

6. When you work, work. Stay focused on your task. Stay off the internet, avoid the newspaper, push out distractions. Sociologists tell us we live in the days of distraction. Get your core jobs done in the morning before distractions of the day start crowding in.
7. Seize small units of time. This is so important for busy elders. If you have 10 minutes here, 15 minutes there, maybe you're waiting for someone in a restaurant, or in a doctor's waiting room. Over the course of one month, those small units of time add up to huge amounts of time. Seize those small units of time. Make necessary phone calls, answer e-mails, get the small things done that are blocking you at other times from getting larger tasks done.
8. Do your most important tasks first. Learn to do what has to be done first. Get the biggest jobs out of the way first.
9. Follow through in your responsibilities. There is nothing more frustrating than an elder who doesn't follow through with his responsibilities. Remember that not following through will frustrate others and give you a reputation of irresponsibility. Check responsibilities off your list right away.
10. Don't be a slave to your phone, e-mail, or text messaging. We live in an age of constant connectedness, and we become slaves to the phone. When you are studying your Bible, when you have a task to get done, turn the phone off. You can return calls later. If we don't control the phone, it controls us.
11. Plan for rest, exercise, and your family. If you don't plan to make time for these, they will never happen. It is your job to control your time so you have time for rest and take control in this hyper-busy, manic world we live in today.
12. Pray about over-busyness and over-commitment. This is a problem I hear over and over – "We're too busy, we're too overcommitted."
  - a) I once asked a man who is a lawyer what his biggest frustration was as a lawyer. He said, "People feel they have to have access to me 24 hours a day. If I don't answer immediately, they go to another lawyer. I never have time for my family."
  - b) You must learn to say "no." If you are going to master the Bible as an elder, you must have time to study the words of God. You may have to say "no" to some hobbies, sports, trips. You have to limit yourself to the task God has given you.

### **E. Welcome responsibility**

1. When you have an opportunity to do something that needs to be done, volunteer for it if you have a talent in that area.
2. Welcoming responsibility forces you to organize yourself.

### **F. Hold yourself accountable to someone else**

1. In achieving specific goals, ask a friend or spouse to call you to account.
2. We all operate better if we know we have to give an account to someone else for our actions and promises.

### **G. Take care of your body**

1. 68% of Americans say that they don't exercise because they lack the self-control.
2. Remember to get enough sleep and physical exercise. You need to be as disciplined in going to bed at night at the right time as to get up in the morning.
3. For the energy and strength you need for doing your work you need rest. Remember body and spirit are connected. If you are sick or unhealthy, it will affect your spiritual life. Hudson Taylor said, "It takes strength to pray!"

### **H. Seek to be disciplined in every area of your life**

1. Discipline touches every area of your life.  
*"Self-discipline is essential to success in all areas of life." – R. H. Kelly, Divine Discipline, p. 67*
2. Some people are disciplined only in one area of their life, usually in that area that they are interested in.
3. But a disciplined person is a balanced person, and is disciplined in all dimensions of life: physical fitness, mental fitness, financial fitness, spiritual fitness. We need to be balanced.

## **IV. Conclusion: The Holy Spirit Wants You to be an Orderly, Self-Controlled, Disciplined Person.**

- A. This is his will for your life.
- B. It is a life-and-death issue.
- C. It is a requirement of an elder.
- D. It is a foundational issue to so many other aspects of life.
- E. This is a never-ending work in life.
- F. Keep on praying, keep on persevering, don't give up when you fail, press forward.
- G. You can learn to be a self-disciplined Christian leader.