

Today, I Choose Discipline!

Part 1

By Dr. David H. McKinley

"The easiest thing to do everyday is to follow the path of least resistance."

"No pain, no gain" is a familiar maxim today. But a more realistic maxim is, "No pain, no pain."

"Character is, by its very nature, the product of probationary discipline."
—AUSTIN PHELPS

Definitions of *discipline*:

- "to train or develop by instruction and exercise especially in self-control"

- "an orderly or prescribed conduct or pattern of behavior"

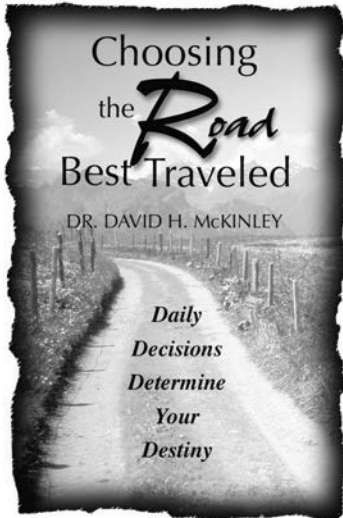
- "training that corrects, molds or perfects the mental faculties or moral character."
—WEBSTER'S NEW COLLEGIATE DICTIONARY

"To live a disciplined life, and to accept the result of that discipline as the will of God—that is the mark of a man."
—TOM LANDRY

By faith, Moses, when grown, refused the privileges of the Egyptian royal house. He chose a hard life with God's people rather than an opportunistic soft life of sin with the oppressors. He valued suffering in the Messiah's camp far greater than Egyptian wealth because he was looking ahead, anticipating the payoff.

HEBREWS 11:24-26 (The Message)

PMS: Physical, Mental, Spiritual



PHYSICAL:

DIET & EXERCISE

"I went on a fourteen-day diet, but all I lost was 2 weeks!"

"Losing weight is a triumph of mind over platter."

"I am on 3 diets. I can't get enough to eat on just one!" —MARK LOWERY

• **Smaller Portions, Not Bigger Restrictions**

"Minutes at the table don't put on weight—it's the seconds."

• **Shift, Don't Starve**

Learn to eat before you eat a meal. Too often we don't balance need and hunger. Eat earlier, not later: breakfast like a king, lunch like a prince, dinner like a pauper.

• **Simplify Your Sweets**

Eat a piece of chocolate, but don't do the triple version of your treat.

• **Split, Don't Stuff**

Sometimes a taste is better than nothing at all.

• **Splurge, But Don't Make It Your Standard**

You can splurge occasionally, but make it the exception rather than the rule.