

## Today, I Choose Discipline!

Part 2

By Dr. David H. McKinley

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

"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

### PERSONAL GROWTH & DEVELOPMENT:

"The mind of man is like a clock that is always running down, and requires to be as constantly wound up." WILLIAM HAZLITT

*As a man thinks in his heart so is he.* PROVERBS 23:7

"The mind is like a stomach, it's not how much you put into it that counts, but how much it digests." A.J. NOCK

*Finally, brothers, whatever is true, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.* PHILIPPIANS 4:8

#### • Reading

Read a least one page per day.

#### • Retooling

Do some new things, meet new people, change the routine of your life.

#### • Reflecting

Take time to think about life, your schedule, your priorities.

#### • Resting

Take time to rest. Your mind needs change. Sometimes problem solving is a lot clearer once your mind has an opportunity to rest.

#### • Releasing

### SPIRITUAL DISCIPLINE & DEVOTION

"Man is born to have connection with God."

—CLEMENT OF ALEXANDRIA

"I have more trouble with D.L. Moody than any other man I ever met." —DWIGHT L. MOODY

#### R-P-M-S G-O!

#### Read the Bible Daily

Regular and repetitious study of the Bible

#### Pray

Adoration-Confession-Thanksgiving-Supplication

#### Memorize Scripture

"Nothing is easy to the unwilling." —GIOVANNI, Poet

*Rejoice always.* 1 THESSALONIANS 5:16

#### Serve

Invest time in others. Extend yourself.

#### Give

Giving breaks the stronghold of greed.

*It is more blessed to give than to receive.* ACTS 20:35

#### Obedience

*Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.*

JAMES 1:21-25

