

Bulletproof Series: "The Making of an Invincible Mind"
Lesson #5 – Embracing the Spirit of Self-Discipline

1 Corinthians 9:25-27

“There is one factor more important than any other in overcoming fear. It is training. Skill, not muscle alone, makes a champion in the ring. It also makes a soldier who wins. Knowledge and training build confidence and skill. These dispel fear. You must take your training seriously. Training will make you—as an individual—able to win your fights. Give it your best. If you don't you have the most to lose.”

- *1944 Army Life Manual* (Holton, p. 136-137)

Over the last few weeks we have been learning how we, as Christian men, can take our spiritual walk with God to a new level and make our minds invincible. We have learned about fear and how we can overcome it. We have also learned about the role that spirit of power and love plays into our daily walk with God. Today, we are going to focus our attention on the role that self-discipline plays in our walk with the Lord.

Small Group Activity

- Take a few minutes and discuss the topic of self-discipline in detail.
 - *How does the world define self-discipline?*
 - *How does the Christian define self-discipline?*
 - *What role does self-discipline play in soldier's life?*

Training to Overcome the Obstacles

It is a fact that we are in the midst of the deadliest battle that we have ever faced in our lives. Many men have fallen because they have not got the proper training and many men have prevailed because they took the time to major in the minor details so that when the big challenge came their way, they were prepared.

Let us begin with a basic review from our other studies:

- *What is the basic definition of the term **Obstacle**?*
- *What are the minor obstacles that we face as Christian men?*
- *What are the major obstacles that we face as Christian men?*
- *Why is it important that we become acutely aware of these two areas of obstacles? Explain.*

It is a fact that many times the obstacles that we face may not be immediately noticeable to us. Eventually we discover these obstacles and sometimes they seem so large or ingrained in our lives that they seem insurmountable.

- *What is an insurmountable obstacle?*

Read the following passage and respond to the following questions.

Romans 8:28 – And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

- *What does this passage say or imply about God? About His people?*
- *What does it have to say about the obstacles that we might face in our lives?*
- *Give an example of how this passage has been a reality in your life or the life of someone you know.*

Always remember that if you are not encountering obstacles in your life then your to comfortable and if you are to comfortable then you are not growing in your faith. Also understand that the obstacles you face, even though intended to stifle you and bring you down, will not conquer you because God is in control.

Training for Victory

We have discussed the reasons for training to overcome obstacles but let us also examine the reasons for training to experience victory. Read 1 Corinthians 9:25-27.

1 Corinthians 9:25-27 – ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. ²⁶ Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. ²⁷ No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

- *Is there a difference in training for victory over training to overcome obstacles?*
- *What is the strict training that you should enter into as a Christian man to experience victory?*
- *What is the “everlasting crown” that is being discussed here?*
- *Focus on verse 27. Explain this verse in practical, modern day terms.*

We know that if God is for us then no one can be against us. God has already won the battle therefore we have already experienced the final victory if we stay committed to the cause of Christ.

Training for the Reward

Finally, let us draw our attention to that of training for the reward. The reward that has already been discussed is of extreme importance for **FOCUS**.

1 Timothy 4:8 – For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

- *Explain how we can train to achieve Godliness in our lives.*
 - *How does it help us overcome our obstacles?*
 - *How does it help us achieve our reward?*