



# THE REDEEMED CHRISTIAN CHURCH OF GOD

## CHRIST THE LORD PARISH

1 – 5 ADMIRALTY ROAD, LEKKI PHASE 1, LAGOS

DIGGING DEEP

THEME: DIVINE ACCOMPLISHMENT.

TUESDAY, 23<sup>RD</sup> SEPTEMBER, 2025

TOPIC: CULTIVATING SELF-DISCIPLINE

TEXT: 1 CORINTHIANS 9:24 - 27

**INTRODUCTION:** The theme for September is Dealing with distractions. We started with Understanding distractions, which focused on how the world's values and priorities can distract us from God, considered internal distractions and Satan's attempts to distract. The following week, we went on to Prioritizing what matters which involves seeking first God's kingdom, focusing on eternal things and setting our minds on things above. Last week, we studied Strategies for overcoming distractions. Some of those strategies include prayer and mindfulness, scripture meditation and community and accountability. Today, we are moving on to CULTIVATING SELF-DISCIPLINE. Self-discipline is defined as the ability to control one's feelings and overcome one's weaknesses. It can mean self-control or self-restraint.

### **OUTLINE 1: SELF CONTROL: 2 Peter 1: 5-7; 1 Corinthians 9: 24 – 27.**

- a. **WHAT IS SELF-CONTROL?** 2 Peter 1:5 – 7; Daniel 3: 17-18, 1 Samuel 24: 1-5 ; 1Samuel 26: 7-9. Self-control is the ability to resist short-term temptations and immediate urges, focusing on stopping negative behaviours in the moment.
- b. **HOW TO CULTIVATE SELF-CONTROL:**
  - STUDY THE WORD: Joshua 1: 8
  - PRAY: 1 Thessalonians 5: 17; James 5: 16b
  - AVOID TEMPTATION: Mark 14:38; Luke 22:40
  - FELLOWSHIP WITH OTHER BRETHREN: Hebrews 10:24 - 25
  - EXERCISE MODERATION: Phillipians 4:5; Proverbs 25:16
  - YOU NEED THE HELP OF THE HOLY SPIRIT: Romans 8: 26-27 .
- c. **WHAT IS SELF-DISCIPLINE?** 1 Corinthians 9:24-27; Daniel 6:7; Genesis 39: 7-12. Self-discipline is a broader long-term commitment to pursuing goals and following planned actions, even without motivation.
- d. **HOW TO CULTIVATE SELF-DISCIPLINE:**
  - RENEW YOUR MIND: Romans 12:2; 2 Timothy 1: 7.
  - BE ACCOUNTABLE TO OTHERS: Proverbs 27:17
  - FAST: Matthew 6:16-18. Fasting is the spiritual discipline of voluntarily abstaining from food for a period to focus on God
  - STUDY THE WORD/MEDITATE ON IT AND APPLY THE SCRIPTURE: James 1:22; James 1:25

- BE INTENTIONAL: 1 Corinthians 9:27.
- FOCUS ON THE OUTCOME/REWARD: Hebrews 12:11
- FOLLOW JESUS'S EXAMPLE: 1 Corinthians 11: 1. Paul says follow me as I follow the example of Christ.

## **OUTLINE 2: AVOIDING IDLENESS: Proverbs 6: 6 – 11; 2 Thessalonians 3: 10- 12**

Idleness is a state of inactivity, which may or may not be by choice. Sometimes it is not necessarily negative (if it's intentional, for instance when a workaholic chooses to take things easy and rest). However, we are talking here about the negative type – when one chooses not to be busy. There is need to:

- BE DILIGENT: Proverbs 6: 6-11
- WORK HARD. HARDWORK IS A SOURCE OF PROFIT: Proverbs 14 verse 23
- EXPECT REWARD FROM GOD: Colossians 3: 23-24
- NOTE THAT IDLENESS LEADS TO HUNGER: 2 Thessalonians 3: 10

## **OUTLINE 3: PERSEVERING IN TRIALS: James 1:2 – 4; Romans 5: 3 – 5**

Perseverance in trials means steadfastness. This means when you endure hardship and remain faithful and true to God without renouncing your beliefs or commitment to God. Perseverance:

- REFINES FAITH: James 1: 2 – 4; 1 Peter 1:7. When we persevere during trial, we show that we have faith in God and will only get stronger and grow godly character.
- GIVES SPIRITUAL MATURITY: Romans 5: 3 – 5. We become spiritually complete
- IS REWARDING: James 1:12. When we persevere under trial, it leads to a reward known as the Crown of Life.

## **CONCLUSION**

Self-discipline is cultivated when we exercise self-control, which is intentionally saying no to negative habits, exercise self-discipline which is intentionally engaging in long-term processes that will bring about a positive and desired change, avoid idleness and persevere under trials because in the end, we will develop in character and gain eternal rewards.