

sermonnotes

I Choose: Part 2



You are the sum total of your decisions. The decisions you make daily are making you.

The first person you lead is _____, and if you can lead yourself well, you can avoid many regrets later.

Self-discipline is the ability to forgo instant gratification and pleasure in favor of _____ or a more satisfying result. It is the ability to pursue one's plan despite temptations to abandon them.

Self-discipline is choosing between what you want now and what you want most.

1 Corinthians 9:24–27

Life is Like a Race

- We are in a race called life and we want to run so that we don't have _____. (1 Corinthians 9:24)
- Choose to be self-disciplined in what really _____. (1 Corinthians 9:25)

- Know that self-discipline is an _____ that results in an effective life. (1 Corinthians 9:26)

Choosing Self-Discipline

- Define what really matters and get a _____.
- Make a disciplined life your _____.
- Challenge your _____.

Discipline is choosing between what you want now and what you want most.

- What do you want most?
- What do you need to choose now to achieve what you want most?

The way you avoid regret later is by choosing today, with the help of the Holy Spirit, to be disciplined in your life.

Answers: you; greater gain; regrets; matters; inside job; plan; goal; excuses



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