

What do you think of when you hear the word discipline? Usually we think of parents disciplining their child when they have done something wrong.

#TargetPractice: What is the purpose of discipline?

It is to guide and teach what is right and wrong. A lot of times we think of it as punishment but discipline is more than that. It is to guide and teach what is right and wrong.

Have you ever heard of SELF-DISCIPLINE? When we have self-discipline, we are able to do what we know we need to do even though it might be difficult.

God also disciplines us, but it isn't punishment, but it is training. He guides us to learn what is right/wrong and helps us to do the right thing. Sometimes it is from us reading the Bible. Sometimes it is situations we find ourselves in. If we make the wrong decision, there may be consequences that help us learn. Sometimes it is other people helping us figure out right/wrong. The work God does in us is slow and intentional. It teaches us discipline.

Colossians 2:6–7 says, *“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught.”*

This scripture tells us to become 'rooted' in Christ. What do you think that means?

Think about a tree. What if you decide that a large tree in your yard needs to move to a different location to give you more room. Can you pick up the tree and move it where you want it? Can you push it? Scare it away?

Why can't you do any of those things? There is a massive root system that is spread through the dirt under the tree. It holds it firm so it can't move.

The same idea works with us and God. The more time we spend with God and the more we try to become like Him, the deeper and stronger our roots become in our belief in God and our faith. That makes it easier for us to do the right thing even when others around us are not...even if they are trying hard to get us to choose to do the wrong thing.

Have you ever had someone dare you to do something? Was it something that would potentially hurt you or get you in trouble? Should we give in when they call us a coward even though we know we shouldn't do it?

The best way to become disciplined is to get closer to God. When we are disciplined, we are able to do what God wants us to do and stand strong in Him.

The next 3 weeks, we are going to talk more about being disciplined in God.

