

Reading: I Corinthians 9:22-27

Topic: Personal Spiritual
Care & Discipline

INTRODUCTION: Some people aspire to be a _____, while others are called by God to be a _____, but before one can effectively lead others, one must learn how to take care of and to lead one's own self.

I. SELF DISCIPLINE:

A. *Spiritual:*

1. Some people have great talent and _____ but they are only effective in impressing _____ people and not affecting anyone for eternity because they have no anointing. Jn. 6:63
2. The basic fundamentals of spiritual discipline – prayer, fasting, the _____ of God and going to church cannot be replaced by talent and ability if we are to _____ people for eternity. I Cor. 2:1-5

B. *Natural:*

1. Our body is now the _____ of God and it needs to be properly cared for if we are to be effective in working for God and being an example to _____. I Cor. 6:19,20
2. Today, because of the advances in research and technology, we now _____ what is good for the natural body:
 - a. Eat healthy foods – unhealthy eating leads to _____ and weakens our body.
 - b. Get proper rest – staying up late makes one fatigued and _____ the following day.
 - c. Exercise – researchers found that exercising twenty minutes, three times a _____ leads to a much more healthy body than does a sedentary lifestyle.

C. *Emotional:*

1. If one is disciplined spiritually, it will help one to be disciplined emotionally, and keep one's _____ under control, so as not to _____ one's testimony. Pr. 16:32
2. James and John were called 'the sons of _____' because of their bad tempers, and they had to be rebuked by _____ Himself when they wanted to call fire down from heaven. Lk. 9:53-56
3. When working to lead people, our spirit must be under _____ or we could miss ministering to people who really need correcting. 2 Tim. 2:24-26

D. *Conversational:*

1. Some people are well disciplined in all areas except for their _____, and they cause much harm and confusion through gossip, criticizing, and negative speaking. James 3:8
2. A good leader must discipline his or her _____ and be careful not to speak in any way that would bring displeasure to the Lord. Ps. 141:3

E. *Mental:*

1. The part of us that nobody else can see is our _____ and our thought _____, which makes this a potentially dangerous area for the adversary to attack and destroy us.
2. Jesus stated that most of man's downfalls begin not from without but from _____ where the thought process takes place. Mk. 7:21-23
3. The adversary will attempt to fill our mind with _____ thoughts, which can lead to immoral acts, or _____ and depressing thoughts which can lead to our spiritual defeat.

4. We must use the discipline of bringing our _____ into captivity and to use the Scriptural mind filter. Phil. 4: 8
5. The Apostle Paul spoke of the importance of disciplining both the _____ which is the seat of the behavior of the _____ and the _____ itself in order to keep ourselves pure. I Cor. 9:26,27

II. ESTABLISH PRIORITIES:

A. *Set Goals:*

1. In order to fulfill the disciplines listed above, one must set _____ and keep them, otherwise if you aim at nothing, you'll _____ it.
2. Setting goals and achieving them will result in spiritual growth and _____, bring about change that is positive and more potential to be _____ by the Lord. Phil. 3:13,14

B. *Don't Compromise:*

1. A wise proverb states, "Never take what you want at the _____ for what you need most later." In other words, don't compromise your future reward for a present temporary _____.
2. This is the mistake that Esau made – trading his future for satisfaction of his flesh at the _____ and he regretted it for the rest of his life. Heb. 12:16,17

CONCLUSION: One of the ancient Greek philosophers stated that "The first and best victory is to conquer one's own self." If you are to be a successful _____ then you must first successfully care for and lead your own _____.