



## RUN FOR YOUR LIFE: Leaders Exercise Self-Discipline

*Genesis 39; Colossians 3:1-3*

### OPEN

Is there something in your life with which you wish you would have followed through, pursued more intentionally, or worked harder to avoid?

Would you like more discipline in your life?

### DISCUSS

Quickly read or skim Genesis 39 to get the gist of the story (we have looked at this passage several times in this series).

Joseph shows us an unwavering discipline to do the right thing. He exercises discipline in the face of great temptation and trials, seeking to honor God with his life. If we are going to cultivate lives that emulate a faithful and disciplined life like Joseph's, then we must commit ourselves to several things.

- **Muster the holy passion (vision and intent) to push away that which is tempting you.**
  - How do you observe Joseph doing this in Gen 39? What is his base for standing strong?
  - What are some things from which you need to tear yourself?
  
- **If you want to make some real progress, you need to lift your head and look to heaven.**
  - Read Colossians 3:1-3 (if time allows, read 3:1-17).
  - What does it mean today to lift your eyes, hearts, and minds to heaven?
  - How would you encourage someone to practice this truth?

- **Take strides in the right direction.**

- To take intentional strides, we must understand how God views our sin. What are your thoughts to this quote by Jerry Bridges in the *Pursuit of God*:

*"Our first problem is that our attitude towards sin is more self-centered than God-centered. We are often more concerned about our own 'victory' over sin than we are about the fact that our sins grieve the heart of God."*

- Some say self-discipline is an oxymoron. In Scripture, we see discipline as something we train for...it is not a virtue that simply falls out of the sky (1 Tim 4:7). How is your own personal training going in cultivating discipline? Anything need to change in your routine?

## **NEXT STEPS**

- This week, write a simply training plan to apply the points from this study on exercising discipline. Track your progress as you take intentional steps in the right direction.