

A.C.C. (Alliance Coaching Connection)

Coaching Self Discipline

Session Aim: ... *Exercising and Growing in the Practice of Self Discipline*

Background...Self Discipline is another essential character quality necessary for those headed into ministry of any kind. Spiritual Disciplines start with self control.

Before you start: Remember *relationship, relationship, relationship*.

- Active Listening**
- Open-ended Questions**

TIP...Avoid “Why” Questions—no “Why-ning”

Relate

- What has happened since we last met?
- What are you doing for fun?
- How's life?

Refresh

- How are you doing with (anything that may have been a distraction in the development of self-discipline)...?
- What are your greatest challenges these days?
- What are you hoping that we accomplish today?

Reveal

- 1. Reflect.**
 - What is the most challenging area of your life that is in need of self control?
 - If you could do it over again, what would you do differently?
 - What key passages of Scripture is God using in your life?
 - How might self discipline help in the fulfillment of your life purpose?
 - What decision have you been avoiding?
 - Where have you been asleep at the wheel?
- 2. Refocus.**
 - What are you doing to cultivate your love relationship with the Father?
 - What are the most effective spiritual disciplines for you?
 - What might be a good book of the Bible to read?
- 3. Resource.**
 - What are the key passages that might offer encouragement in the area of self discipline?
 - What might be your action plan for growing in self discipline?
 - Who is the most self disciplined person you know? What about that person could you apply to your own life?
 - What resources do you have already that might be helpful?
 - What are the possibilities?

Review

Echo back what you hear being said, what God seems to be prompting, summarize. Inspire, affirm, and mobilize to action. Pray.

- What will you take away from this time?
- How can we lock in a learning strategy?
- What Scriptures might be good to memorize and hide in your heart?
- What kind of plan do you need to create?
- What do you sense you need to do now?
- What needs to change if you are to grow in your love for God and discipline of self?
- What might we be able to celebrate the next time we meet?
- Of the ideas we have discussed, which one has the greatest potential for future success?

Biblical Passages to Consider:

1 Tim 4:7-8

But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

1 Cor 9:26-10:1

Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

Eph 4:22-24

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Col 3:9-10

Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.

Prov 6:23

For the commandment is a lamp and the teaching is light;
And reproofs for discipline are the way of life

Prov 12:1

Whoever loves discipline loves knowledge,
But he who hates reproof is stupid.

Prov 15:32-16:1

He who neglects discipline despises himself,
But he who listens to reproof acquires understanding.
The fear of the LORD is the instruction for wisdom,
And before honor comes humility.

Prov 23:12

Apply your heart to discipline
And your ears to words of knowledge.

Col 2:4-7

For even though I am absent in body, nevertheless I am with you in spirit, rejoicing to see your good discipline and the stability of your faith in Christ.
Therefore as you have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude.

Heb 12:7-11

It is for discipline that you endure; God deals with you as with sons; for what son is there whom his father does not discipline? But if you are without discipline, of which all have become partakers, then you are illegitimate children and not sons. Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live? For they disciplined us for a short time as seemed best to them, but He disciplines us for our good, so that we may share His holiness. All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

Matt 24:12-14

Because of the increase of wickedness, the love of most will grow cold, but he who stands firm to the end will be saved. And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.

John 14:23-24

Jesus replied, "If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him. He who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.

Rom 12:9

Love must be sincere. Hate what is evil; cling to what is good.

Gal 5:22-24

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

2 Tim 1:7

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

James 1:12

Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.