

D6 Family Theme:
DISCIPLINED LIVING**Objectives:****Know:** We are to live disciplined lives, pursuing holiness and turning away from sin.**Think:** I will be mindful to focus on what helps me grow, setting aside that which hinders.**Do:** Exercise self-control, reining in sinful indulgences.**READ: LISTEN TO GOD**

Read 1 Corinthians 9:24-27; Titus 2:1-14; Proverbs 23:1-8. Discipline and freedom are often thought of as opposites. The reality, however, is that discipline leads to freedom. Without discipline we will always be limited in what we are able to do. Discipline helps us avoid waste and gives us direction, which is necessary for progress. A person cannot pursue Christ without discipline. The life of a disciple is a focused life of discipline.

**PRAY: TALK TO GOD**

Measure all you do by the impact it will have on those around you. Pray that you and your family will think about the consequences of your actions and how they might affect other people in your lives.

**DO: WALK WITH GOD**

OPTION 1: As Christians, our lives should serve a purpose, and that is to glorify God and bring others closer to Him. We need to make sure we are spending our time doing things that accomplish that purpose. We need to make sure we are loving those around us and resisting the temptations that come our way. Talk with your children about the sports teams on which they have played or observed. Athletes require discipline. They have to give up their time to practice and work out. They have to go on diets to get the nutrition they need. Discipline takes hard work and sacrifice but in the end, you are a better athlete.

OPTION 2: Use these questions to get your family talking about discipline.

- *Who are some of the most disciplined people that you know? (Answers will vary. Be prepared with an example of your own.)*
- *Why do these people stand out to you? (Again, answers will vary. In general, since discipline is not often a common practice, these individuals will be uncommon in a variety of ways. Try to focus on how they are unlike most people and can therefore do things that others cannot. The idea is to draw out the benefits of discipline.)*
- *What do you notice that they do not do? (This lesson focuses on the restraint involved in discipline. In order to do something, it means we cannot do something else. We only have so much time and attention. Try to draw the discussion in that direction.)*

PRE-
SCHOOL

Today your child learned God told Moses to go to Pharaoh and tell him to let the Israelites leave. Moses had courage and spoke out for God. God was with Moses and His people and helped them cross the Red Sea. Moses lived by faith and **I Can Live by Faith** too.

K & 1
GRADEDISCOVERY
Kids2 & 3
GRADE

Today your student learned what God's Word says about discipline and self-control. He or she discussed discipline in thankfulness, giving, and time with God. Paul compared the Christian life to a race, and God's Word gives us the tools to run well and win.

EXPLORERS

4 & 5
GRADE

VELOCITY

YOUNG
TEEN

FORWARD

HIGH
SCHOOL

Your teen looked at living with a purpose in class today. Part of accountability is identifying our mission. Corporations and associations often have mission statements. Do you and your family have one? Try writing one together that includes God's plan for your family and then challenge your teen to think about the big picture of God's purpose for his or her life. Certainly the gifts, strengths, and personality of your teen should be factors in that mission statement. Your first drafts (both for family and personal mission statements) will most likely need revisions, but concentrate on finding concise, meaningful verbs and work from there. Encourage dinner table collaboration and Scripture study on this topic! Find examples in Joshua 24:14 and Philippians 1:21.

thebrink

YOUNG
ADULT

Group members examined the importance of disciplined living and were encouraged to exercise self-control and restraint in order to live a life that is set apart.

fusion
fusionext

ADULT

FUSION group members discussed how we are to live disciplined lives, pursuing holiness and turning away from sin. Members were encouraged to exercise self-control, reining in sinful indulgences.