**Week 3 Discipline over Regret**

*Key scripture: 1 Corinthians 9:24-27*

**INTRODUCTION**

This week, pastor Phil gave us a definition of discipline of “Discipline is choosing between what you want now and what you want most.” Which is harder to pass up for you – a tasty treat, a great sale, or mindless binge-watching?

**DISCUSSION QUESTIONS**

1. Often, choosing discipline is choosing between painful things e.g. the pain of studying for a test now verses the pain of having to retake the class. Do you have an example of choosing the pain of discipline in your life that led to not having to deal with regret?
2. Read Romans 7:15. Have you ever felt this way before? Now read Romans 7:25a. The answer is not in you being stronger, but asking Jesus to give you strength. Does this change how you view your struggles?
3. What are some areas in your life where you feel like you lack discipline? What will your life look like in 5 years if you don’t make changes?
4. Drawing on our definition of discipline (see introduction) What do you want most?
5. What choice do you need to make to achieve what you want most?

**STEPPING FORWARD**

This week consider starting the I Choose reading plan on your YouVersion Bible App. As you think about questions 4 and 5, pick out a small step that will get you moving in the right direction, take that step this week.

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.*

**John 16:33**