

**SELF-DISCIPLINE - Part I**  
**Reference: I Corinthians 9:24-27**  
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Paul addressed the subject of self-discipline from an interesting passage in **I Corinthians chapter nine**.

The ancient Greeks hosted two popular athletic competitions: the Olympic Games that were conducted at Olympia, Greece from the eight century BC until the fourth century AD and the ancient Isthmian Games that were conducted at Corinth, Greece starting in 581 BC.

Most commentators believe that Paul was actually referencing the Isthmian games in four different New Testament passages: **I Corinthians 9:24-27**; **I Timothy 4:7-8**; **II Timothy 2:5**; and **II Timothy 4:6-8**.

Notice five statements from this passage that are related to self-discipline:

ONE...Our entire existence on earth as a Christian is compared to a \_\_\_\_\_.

Read **verse twenty-four** (see screen).

One of two things happens if we start comparing:

- If we compare ourselves to someone more successful than we are then we start feeling \_\_\_\_\_ to them.
- If we compare ourselves to someone not as successful as we are then we start feeling \_\_\_\_\_ to them.

TWO...God wants us to be \_\_\_\_\_ in our race.

Read **verse twenty-four** continued (see screen).

THREE...The Christian that is victorious in his race receives a \_\_\_\_\_.

Read **verse twenty- five** (see screen).

Reference: **I Peter 1:3** and **4** (see screen)

FOUR...The Christian is to be \_\_\_\_\_ on the race.

Read **verse twenty- six** (see screen).

FIVE...Being victorious in the race requires \_\_\_\_\_ - \_\_\_\_\_.

Read **verse twenty- seven** (see screen).

Reference: **Galatians 5:22, 23** (see screen)

**Definition:** Self-discipline is choosing to do the \_\_\_\_\_ even though we're tempted not to.

- We should manage our \_\_\_\_\_ and \_\_\_\_\_.  
Reference: **Proverbs 19:11, 25:28** (see screen)
- We should manage our \_\_\_\_\_.  
Reference: **Proverbs 13:3** (see screen)
- We should manage our \_\_\_\_\_.  
Reference: **Ephesians 5:15-16** (see screen)
- We should manage our \_\_\_\_\_.  
Reference: **Proverbs 21:20** (see screen)
- We should manage our \_\_\_\_\_.  
Reference: **I Thessalonians 4:3-5** (see screen)