



## **PERSONAL DISCIPLINE**

### ***2 Peter 1:4-7***

*Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. (2 Peter 1:4-7, NIV)*

### **STEPS TOWARD SELF-DISCIPLINE:**

**1. I ask the Holy Spirit for help.**

*(Galatians 5:16, NIV & 2 Timothy 1:7, NIV)*

**2. I adjust my thoughts.**

**3. I acquire new habits.** *(1 Timothy 4:7-8)*

**4. I avoid tight spots.** *(Proverbs 16:17, NIV)*

**I choose self-control. I am a spiritual being. After this body is dead, my spirit will soar. I refuse to let what will rot, rule the eternal. I choose self-control. I will be drunk only by joy. I will be impassioned only by my faith. I will be influenced only by God. I will be taught only by Christ. I choose self-control.**