

## I CHOOSE DISCIPLINE OVER REGRET

*There are times in life when we have to choose between types of pain.*

- We choose between the \_\_\_\_\_ of following the rules now or the \_\_\_\_\_ of the consequences later.
  - We choose between the \_\_\_\_\_ of studying now or \_\_\_\_\_ of retaking a class later.
  - We choose between the \_\_\_\_\_ saying “no” temptations now and “missing out” or the \_\_\_\_\_ trying beat addiction later.
  - We choose between the \_\_\_\_\_ of living within our means or the \_\_\_\_\_ of the never-ending battle of climbing out of debt later.
- **Discipline is choosing between what you want now and what you want \_\_\_\_\_.** (Romans 7:15-25)
- Who can \_\_\_\_\_ me? Jesus my Lord! With Christ’s help I can change.
  - I Choose what I want **most** over what I want \_\_\_\_\_!  
(1 Corinthians 9:24-25)
    - We run to win, let us strip off everything \_\_\_\_\_ us and run the race with this motivation.
    - We Run to win; the pain of discipline is \_\_\_\_\_ for the Prize
    - I Choose to do now, what helps me \_\_\_\_\_ what I want most. (Matthew 6:24)
- **What do you need to choose \_\_\_\_\_ to achieve what you want \_\_\_\_\_?**

*Did you know that God wants to retrain your brain?*

- He made you to conqueror using \_\_\_\_\_ to sooth yourself, coveting \_\_\_\_\_, and to find love completed by Jesus instead of \_\_\_\_\_ that only feeds the desires of your flesh.

*How do we allow God to start the process?*

- We start by feeding our desire to please God.
    - We need to be involved with the things of \_\_\_\_\_. (regular prayer, Reading God’s word, private worship, public worship, giving of your time, giving of yourself, giving of your money)
    - When we feast on \_\_\_\_\_, we eventually only want to nourish ourselves only with garbage.
    - When we feast on what God has \_\_\_\_\_ for us, we will desire what is good. **(Philippians 4:8-9)**
  - We will never \_\_\_\_\_ need Jesus! (Romans 8:5-9)
    - We need His \_\_\_\_\_ daily for our daily choices.
    - We need the Holy Spirit to \_\_\_\_\_ us to His image.
- With God’s help: We Choose \_\_\_\_\_ over \_\_\_\_\_.
- If you don’t take steps to do something to move forward toward your goals, those same goals will become your biggest \_\_\_\_\_.
  - It’s time to stop living in regret and to start living in \_\_\_\_\_.

**So What Now?**

- Today is the day to refuse to be shortsighted and to refuse to be overwhelmed by regrets!
- Are you running to win the eternal prize!
- Are you running to win, with purpose in every step?
- Run with God’s help, choose the temporary pain of Discipline, over Regret.