

## **A Self-Disciplined Life**

### **Reflection**

As a child, did you find it easy or difficult to get to school on time? Why? Are you now able to come to work on time?

### **Inspiration from the Holy Bible**

Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. (1 Corinthians 9:24-25)

### **Inspiration from the Holy Qur'an**

"But as for he who feared the position of his Lord and prevented the soul from [unlawful] inclination, Then indeed, Paradise will be [his] refuge." (Surah An-Nazi'at 79:40-41)

"By time. Indeed, mankind is in loss. Except for those who have believed and done righteous deeds and advised each other to truth and advised each other to patience." (Surah Al-'Asr 103:1-3)

### **Hadith**

Imam Al-Bukhary writes in Kitab Al-Adab, and, more specifically, under a rubric known as "Caution Against Wrath", that Abdullah bin Yusuf reports on Malik, who has it from Shihab, who reports on Aby Hureyra (May Allah be Pleased with him) that the Prophet once stated: "Strong in character indeed is the man who controls himself in wrath, and not he who shows mercy after wrath."

Why do we need to practice self-discipline?

- a. We need self-discipline to perform our jobs effectively and to pursue our dreams and ambitions. Some things as simple as waking up early, getting to school or work on time, meeting deadlines for reports, eating healthy food, getting regular exercise, and spending money wisely are indicators of self-discipline.

So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. (1 Corinthians 9:26-27)

- b. We need self-discipline to train our hearts, minds and bodies. The ability to manage our emotions and desires, or their expression in our behavior, requires daily practice and repetition. Self-discipline begins when we master our thoughts. As American poet and philosopher Ralph Waldo Emerson says: "Sow a thought and you reap an action; sow an action and you reap a habit; sow a habit and you reap a character, sow a character and you reap a destiny."

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. (2 Timothy 1:7)

And we are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God. (Titus 2:12)

Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin... So use your whole body as an instrument to do what is right for the glory of God. (Romans 6:12-13)

## **Challenge**

What is our most significant learning today? How will we apply it to our own

life?

## **Prayer**

Praise God for His goodness and grace in our life. Ask forgiveness for our sins. Thank Him for the blessings we have received.

If we have any prayer requests, let us pray for one another.

We end the meeting with this declaration of faith: We move in faith every day because we know that without faith, it is impossible to please You, Lord. As we draw near to You, we believe that You exist and that You reward those who seek You. We serve only You, and You bless us. We know that all things are possible with You.