



SPIRITUAL DISCIPLINES of a GODLY MAN

S.O.A.R.





Core Benefits of Discipline – ASSUMES A GOAL

- **Achieving Goals:** Actionable routines and daily standards turn long-term dreams into reality without relying on fleeting feelings of motivation. [[1](#), [2](#)]
- **Managing Resources:** Thoughtful habits protect time, energy, and money from constant depletion, creating more freedom and options for the future. [[1](#)]
- **Building Confidence:** Keeping small, daily promises to oneself proves competence and reliability, which builds lasting self-esteem. [[1](#), [2](#)]
- **Mental Stability:** Structure and routine lower anxiety, improve focus, and build the resilience required to handle stress and unexpected setbacks. [[1](#)]
- **Health and Relationships:** Intentional choices support physical fitness, mental wellness, and the sustained care required to nurture healthy family and personal bonds. [[1](#), [2](#)]

PAUL HAD A FEAR

1 Corinthians 9:24-27

24 Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! 25 All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. 26 So I run with purpose in every step. I am not just shadowboxing. 27 I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

“Not being able to achieve that which you are supposed to achieve.”

The Spiritual Purpose of Discipline

- **Spiritual Growth:** Daily habits like prayer, Scripture reading, and fasting open your heart to the Holy Spirit, allowing Him to transform your character to look more like Jesus Christ.
- **Resisting Temptation:** Consistent spiritual boundaries guard your heart and mind, providing the strength needed to turn away from sin and make choices that honor God.
- **Stewardship of Gifts:** God entrusts you with time, money, talents, and a physical body; discipline ensures you manage these resources wisely to serve others and build His kingdom.
- **Inner Peace:** Submitting your daily schedule and anxieties to God through structured prayer and rest (Sabbath) brings a deep, lasting peace that relies on His sovereignty rather than your own strength.
- **Effective Witness:** A disciplined, reliable, and loving life serves as a powerful, living testimony to the world, reflecting the order and character of God to those around you.

How Biblical Discipline Differs from Secular Discipline

<u>Dimension</u>	<u>Secular Discipline</u>	<u>Christian Discipline</u>
The Core Motivation	Self-reliance, personal success, and pride.	Love for God, gratitude for grace, and humility.
The Source of Strength	Human willpower and sheer grit.	The Holy Spirit and reliance on God's grace.
The Ultimate Goal	Self-improvement and personal glory.	Glorifying God and serving your neighbors. Great Commandment & Commission

The problem was never his nature. It was his upbringing (training).

You already have God's favor

Salvation is not earned. Nothing you do adds to it. You are not trying to become an eagle.

But you can stay in the dirt

Growth in Christ is deliberate work. There are things you want to be free from, and things you want to become. Neither happens by accident.

Discipline doesn't make you an eagle. It gets you off the ground.

Legalism is self-centered and tries to earn God's favor. Discipline is God-centered and flows from grace already given. — R. Kent Hughes, *Disciplines of a Godly Man*

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“Not being able to achieve that which you are supposed to achieve.”

Four moves to get off the ground

S

Surrender

Offer the body. God renews the mind.

O

Obey

Name the target. Spend the time on purpose.

A

Abstain & Add

Let one thing go. Take one thing up.

R

Rest in Grace

A race covered by grace, not one you can lose.

S Surrender

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:1–2

Bodies first, then minds

Verse 1 is the body offered. Verse 2 is the mind renewed. The disciplines are bodily practices God uses to change how we think.

Train, don't just try

Paul's word in 1 Timothy 4:7 is *gymnazo* — the root of "gymnasium." You cannot become pure by gritting your teeth in the moment.

Willard's definition

A discipline is an activity within your power that enables you to do what you cannot do by direct effort.

BUT NOT BY WILLPOWER ALONE

Every tradition has seen part of this

Jainism's asceticism, yoga, Hindu practice — they all teach that the body can be mastered. That insight is real, and it applies to us. But mastery as an end in itself feeds pride, and it cannot change a heart.

"These have indeed an appearance of wisdom... but they are of no value in stopping the indulgence of the flesh."

Colossians 2:23

The difference is not the practice. It is the offering.

O Obey

Obedience with a plan, not a mood. Most men already know how to train — for sports, careers, hobbies. We just haven't pointed it at God. Name two things before you leave this room.

Freedom from

Pornography. The endless scroll. Idle hours that lead nowhere. These habits train the brain for dopamine, and the appetite grows the more you feed it. This is the feed on the barnyard floor.

Fruit in

What God actually called you to. Who do I serve? Who do I love? How do I love them according to the Scriptures?

WHY "JUST TRY HARDER" FAILS

Willpower shows up late

The craving fires first

By the time you are consciously resisting, the desire has already moved. You are not deciding — you are negotiating with something already in motion.

Unpredictable hooks hardest

The scroll, the feed, the notification — you never know what the next one holds. That is exactly what keeps a hand reaching.

Idleness opens the gate

David stayed home when kings went to war, and the roof took care of the rest. An unoccupied hour is not neutral.

"Each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin."

James 1:14–15 — how it happens

"I have made a covenant with my eyes; how then could I gaze at a virgin?"

Job 31:1 — decided before the moment

A Abstain

Letting go of what normally feeds our desires, so we learn to depend on God. These counter the things we do that we shouldn't.

Solitude

Step away so God, not the crowd, shapes you.

Silence

Stop the noise and your own talking.

Fasting

Learn that God sustains you; see what controls you.

Frugality

Refuse to spend merely to gratify desire or status.

Chastity

Make a covenant with your eyes (Job 31:1).

Secrecy

Do good unnoticed. Kill the hunger for reputation.

Sacrifice

Give what you need, not just the extra, and trust God.

Pick one

Not seven. One, where you most need growth.

A Add

Entering into life with God and His people. These counter the things we fail to do that we should.

Study

Fill your mind with Scripture and faithful lives.

Worship

See God's greatness; it reshapes what you value.

Celebration

Enjoy His goodness with others. Badly neglected.

Service

Spend your strength unseen. Humility is trained here.

Prayer

Talk with God about what you are doing together.

Fellowship

Real friends, not acquaintances. Think David and Jonathan.

Confession

Let trusted people know your sin. The end of pretending.

Submission

Put yourself under wise, mature believers.

THE KEY MOVE

Replace. Don't just remove.

You do not beat a dopamine habit by willpower. You displace it. Take the exact hour that habit owns and give it to a discipline.

One from Abstain. One from Add. What we fill our hearts with makes us stronger — so fill them with God.

R Rest in Grace

"There is therefore now no condemnation for those who are in Christ Jesus."

Romans 8:1

Not a race you can lose

He called you to one race, and when you fall, it is covered.

Free of the shame

God wants you free from the guilt of failing at this, not buried under more of it.

Persevere, don't earn

We keep going because of the calling He gave us, not to secure what we already have.

TESTIMONY

Tyson Junkers

What this looks like in a real life — the target he named, the practice he took up, and what God did with it.

BECAUSE OF WHO YOU ARE

"For God gave us a spirit not of fear but of power and love and self-control."

2 Timothy 1:7 · self-control = *sophronismos*, a sound and disciplined mind

You don't discipline yourself to become an eagle. You discipline yourself because you already are one. Stop eating chicken feed.

Surrender your body. Name your target. Let one thing go, take one thing up. And when you fall, rest in grace and climb again.





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Body offered, mind renewed.

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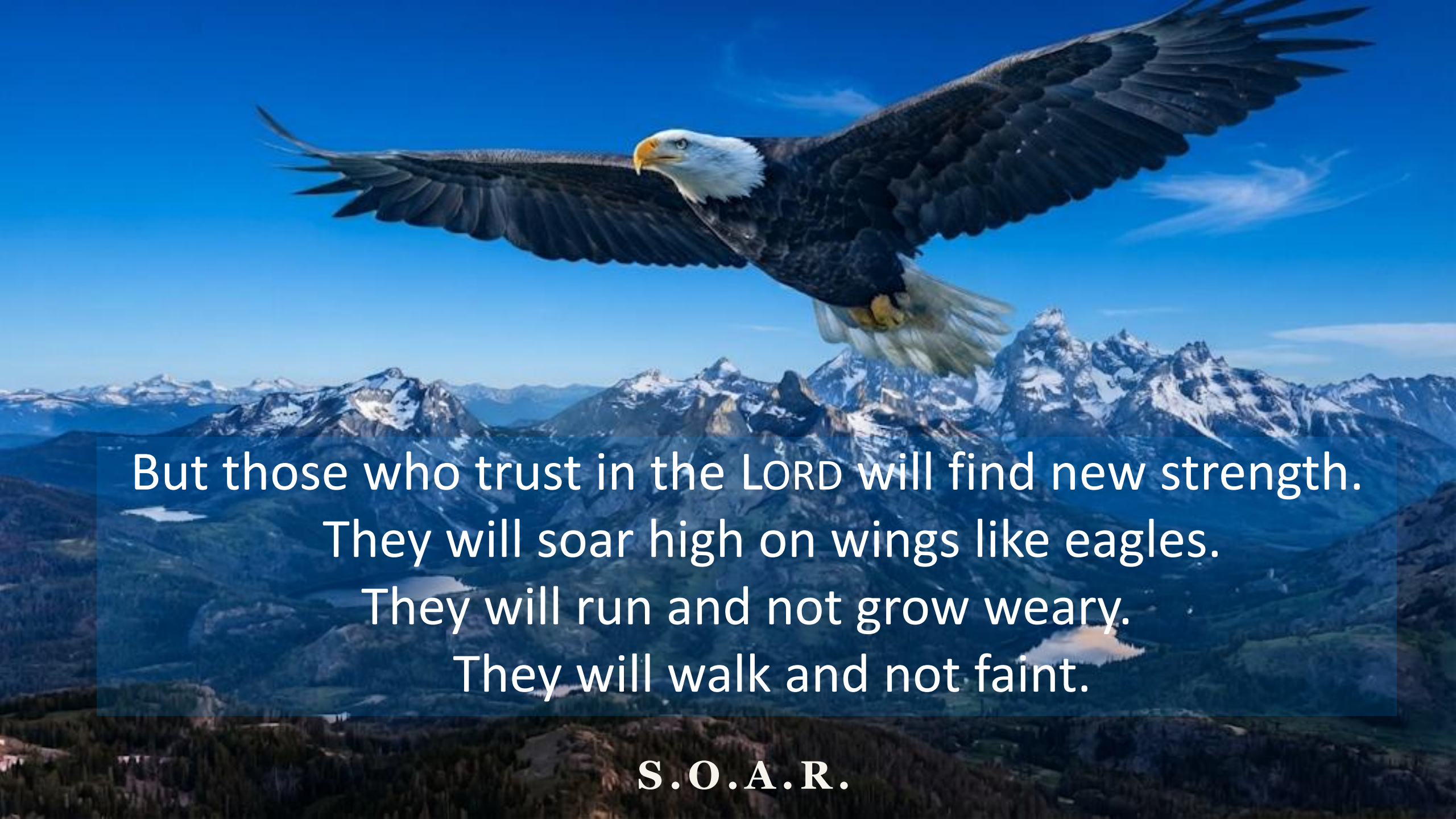
Let one go. Take one up.

R

Rest in Grace

Fall, and climb again.

You were made for the sky. · 1 Timothy 4:7



But those who trust in the LORD will find new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint.

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Homework: Philippians

What would you want freedom from? What is one discipline you could start this week?

