

November 6, 2022

Discipline

by Ken Weliever

“The most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not. It is the first lesson that ought to be learned and however early a person’s training begins, it is probably the last lesson a person learns thoroughly.” –Thomas L. Huxley

I know Huxley was right. My parents tried to teach me self-discipline, and I’m still learning it. Success requires self-discipline. The student, the athlete, and the business person must all cultivate the habit of self-discipline. It is true spiritually.

Paul compared the Christian to an Olympic athlete who commits to rigorous training **“But I discipline my body and bring it into subjection, lest, when I preached to others, I myself should become disqualified”** (I Cor. 9:27).

The Mind

It takes discipline to control your thoughts. It doesn’t happen accidentally. It takes work. It requires our constant attention to what we are reading and watching. It demands periodic renewal, revival and refreshment. Paul exhorted, “Be renewed in the attitude of your mind” (Eph 4:23). With so many impure, dishonorable, and ungodly things that vie for our attention, continual

self-discipline is needed in order to focus on the things that will build us up in the faith. The philosopher Plato wrote, “The first and best victory is to conquer self.” That begins in the mind.

Habits

People who smoke have told me they want to quit, but can’t. Why? Lack of self-discipline. All habits, good or bad, can be traced back to discipline or the lack of it. Rob Gilbert said, “First we form our habits, then our habits form us.” Whether the habits are good or bad depends on our self-discipline.

It requires great effort to break old habits or acquire new ones. Bible study is a habit. Prayer is a habit. Church attendance is a habit. But each one demands a discipline of time, effort and priority to make those habits permanent.

Emotions

Too often we say or do something that we regret, but justify it by saying, “I couldn’t help it.” While it may be difficult to refrain from improper words or actions, it is possible. A bad temper is evidence of a lack of discipline. Idle words that hurt or impugn others indicate a failure to practice self-control. We can control our emotions if we choose to exercise strict self-discipline.

Welcome!

When you visit our assemblies, you will be received friendly, kindly and courteously. We believe this to be the natural attitude of those who truly love God and mankind. Though you may at first be among strangers, we hope that you will come to know us well and count us as your friends.

We offer Bible studies as well as correspondence courses for those interested in learning more about what God expects of us.

Important Dates

If you know of upcoming events, please inform Darrell so they can be included here.

John Maxwell wrote, "If you desire to rise above the average in any endeavor, you have to be willing to be disciplined." The first man to climb Mt. Everest, Sir Edmund Hillary, once said, "It is not the mountains we conquer, but ourselves."

May my daily prayer be, "Dear God, help me to keep climbing and help me conquer self. In Jesus name. Amen."

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Prayer Requests

Jack Wilson is still struggling with pain and limited mobility.

Jerry Richardson is still undergoing treatments to strengthen his immune system. He is having some tests run for his lungs.

Karen Hallmark has improved but continues to struggle and could use our prayers.

Dinah Williams continues to have mobility issues.

Don Simmons is home and still struggling with his breathing; he is on oxygen at all times. **Alene** is having hip issues.

John Miller (Dyanne Turner's brother) is under treatment for cancer.

Sylvia Stinnett's brother, Jerome, had surgery and is recovering.

Elaine Kersch is having tests run to diagnose problems with her lungs.

Randall Vanaman is having difficulties with his feet.

Sick with covid: Robert and Cathy, Mike and Debbie, George and Bobbie, Doug, Henry, Clay, Jack, Harold, Kathy, Syble

If you know of someone that needs to be on this list, please tell Darrell (email preferred) and provide updates so names stay on the list as long as needed.

"praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,"
(Ephesians 6:18 ESV)

The Oaks West church of Christ is a group of individual Christians who have been added to the Lord's body through baptism (Acts 2:38, 47; Gal 3:26, 27), and have joined themselves together (Acts 2:42ff) in an effort to do the Lord's will.

We are not a part of any larger organization - we do not follow any man-made creeds and we do not answer to anyone other than the Lord.

Our standard of faith and practice is the Word of God. We believe in the God of revelation (Eph 3:1-7; 2 Tim 3:16-17) and follow his instructions in an effort to have an ongoing relationship with him (1 John 4:7-11; 5:3).

Our times of study and worship are open to all, and our members are happy to meet with interested individuals or families for study.

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