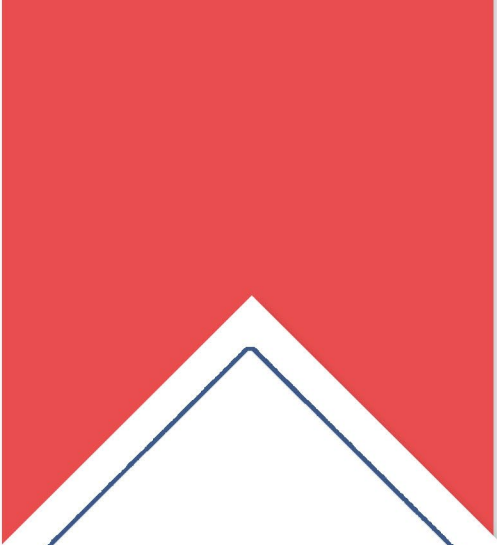
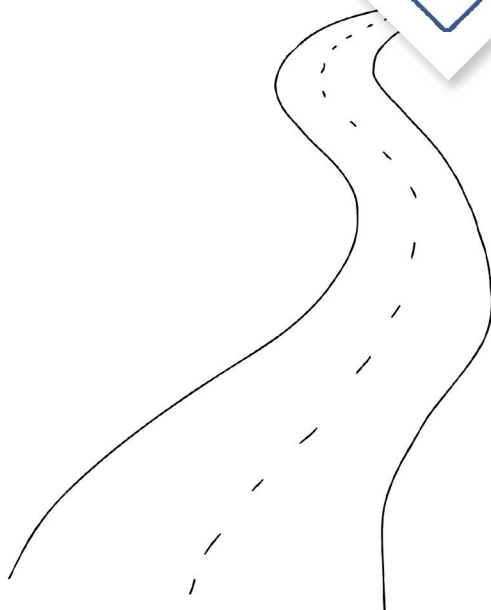




Disciplined:



FOR THE GAIN OF
GODLINESS



BY ARABAH JOY

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Bible Study Tracker Sheet

WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5

Discipline produces a harvest of
righteousness and peace for those who are
trained by it. (Hebrews 12:11)



Introduction

Discipline. It isn't a very exciting word, is it? Discipline is something we can receive from others, such as a boss, the law, or God Himself; or it is something we can impose upon ourselves. Either way, discipline generally isn't one of those things we look forward to.

What makes discipline a focus of study, then? The reason discipline is desirable isn't for discipline itself but for the benefits it brings. The rewards of discipline are vast: better health, longer life, a happier home, wisdom, greater wealth, deeper intimacy with God, and the list goes on and on. Discipline is worth it!

In this study, we will be focusing on self-discipline, the kind we impose upon ourselves. Self-discipline is short-term pain for long-term gain. Scripture teaches a main benefit of self-discipline is godliness. At first glance this word may not seem very exciting either, however, over the next few weeks, you'll discover the great benefits and gain of godliness. Discipline is worth it!

As you dive into this study, my prayer is that your heart is awakened afresh to the gain of godliness and the role discipline has to play in it. I trust you will identify ways in which to best practice self-discipline (such as going to bed early, spiritual habits, fellowship with believers, self-care, etc) and find renewed motivation for staying disciplined.

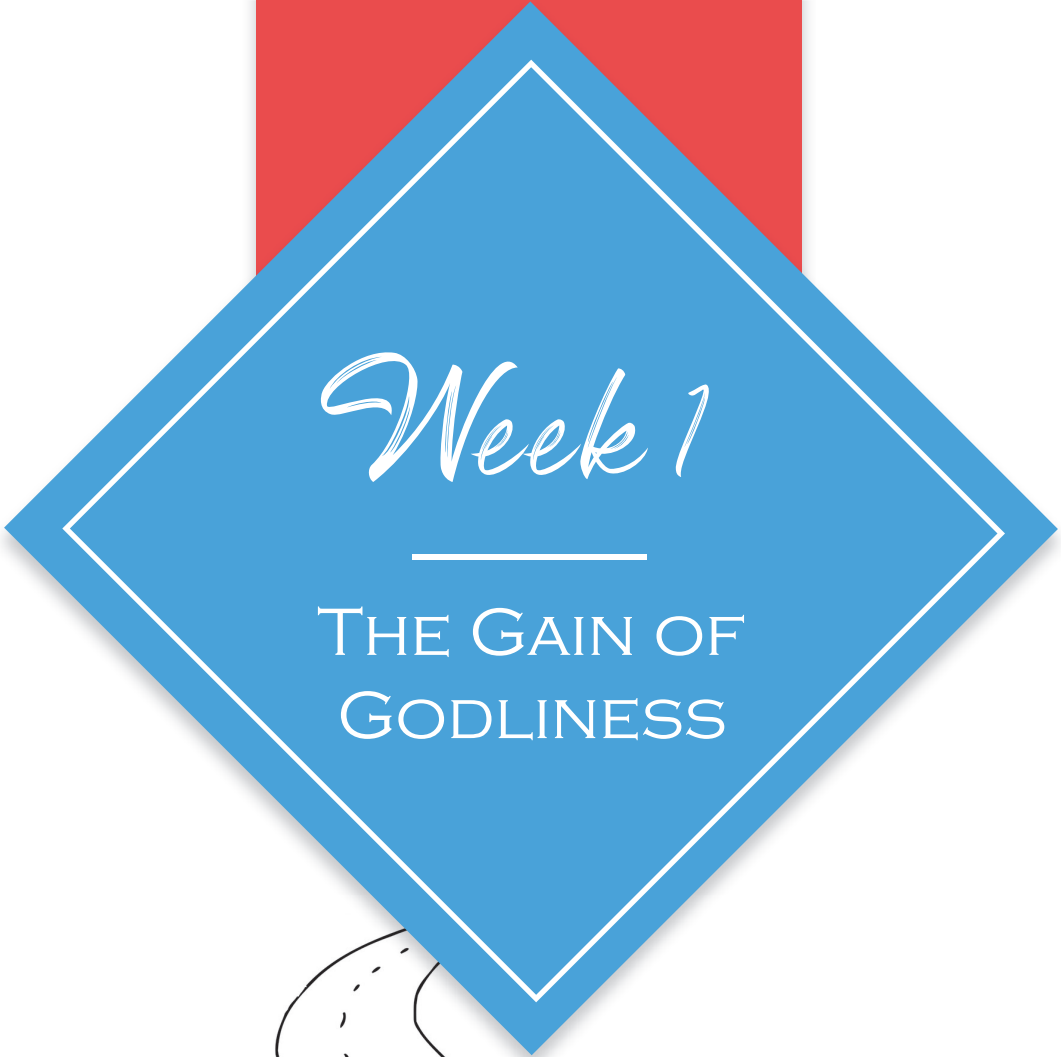
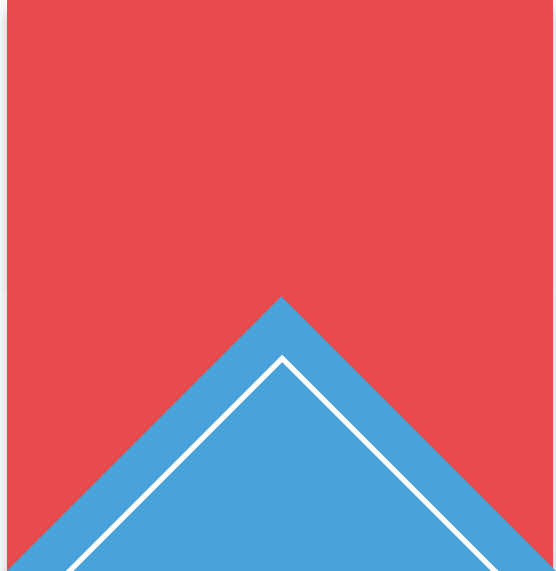
Above all, I hope you will discover that discipline indeed is worth it.

In Him,



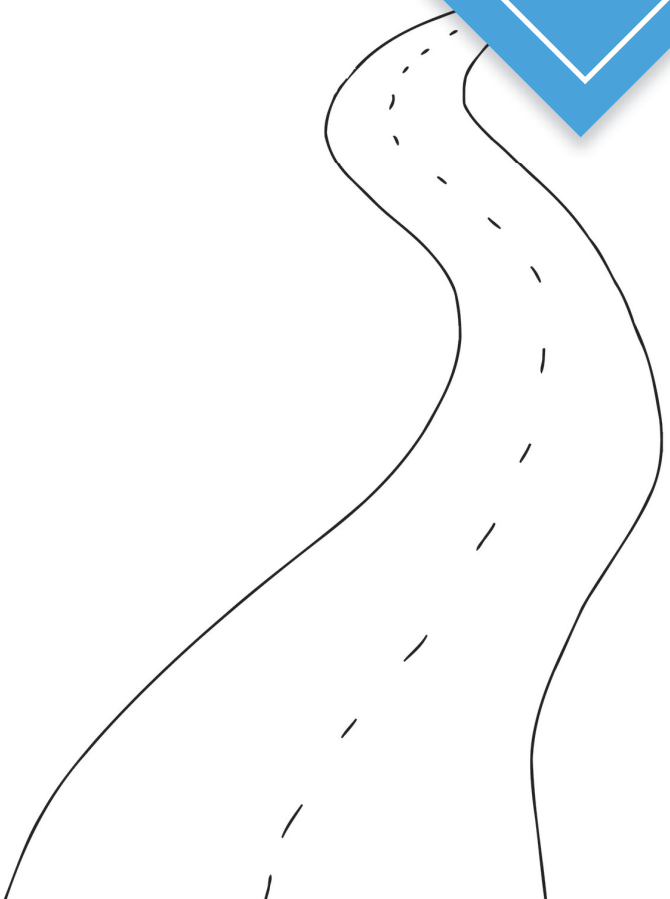
www.arabahjoy.com

P.S. If you've never done one of our PROSPER Bible Studies before or aren't familiar with the PROSPER Bible Study Method, you'll want to familiarize yourself with the method by working through the attached booklet. Throughout this study, you'll focus on one Scripture passage a week and engage with it in different ways. You'll need to have an understanding of the PROSPER method to get the most from the study so be sure to check it out!



Week 1

THE GAIN OF
GODLINESS





The Gain of Godliness

Pray

Read: I Timothy 4:6-11; may use other parts of the book to answer some of these questions

Observe:

Author: Who wrote this passage and why?

Audience: Who was this passage written to? What characteristics defined this person?

People: Who are the people/groups of people mentioned in this passage?

Place: Any geographical markers for this passage?
What is the setting?

Time: What is the historical context for this passage?

Main Idea: What is the overarching lesson or theme of this passage?

Summary: In your own words, outline or summarize this passage:



The Gain of Godliness

Look up this week's passage (1 Timothy 4:7-8) in the translations below using biblegateway.com. Note what term is used in each for "discipline."

HCSB:

Living Bible:

Amplified:

In your own words, define "discipline":

What are the similarities between training, exercise, and discipline? Feel free to use a dictionary for this question!

List any differences you can identify between these three terms (training, exercise, and discipline):



The Gain of Godliness



The Gain of Godliness

Pray

Read: I Timothy 4:6-11

Study: Thematic Study

Verse 8 tells us godliness "is of great value in every way, as it holds promise for the present life and also for the life to come." Look up the following Scriptures and brainstorm the gains of godliness. Why are these forms of godliness good and beneficial?

In this life:

In the life to come:

I Timothy 6:6

II Peter 1:7-11

Psalms 92:1

Psalms 19:7-11

Hebrews 12:1-3

Colossians 3:12-17

Matthew 19:27-29

II Timothy 2:21

I John 2:3

Other passages:



The Gain of Godliness

Pray

Read | Timothy 4:6-11

Ponder

Today, spend some time meditating on our passage and allow the Lord to work it deep into your heart. Below are some questions you may want to think upon.

1. What kinds of things do I discipline myself for? Why?
2. In what ways do I discipline myself for godliness? Why do I do these things? What beliefs do these actions reflect?
3. Why is verse 8 called a "trustworthy statement deserving full acceptance?"



The Gain of Godliness

4. What does it mean to “fully accept” verse 8? How might it influence my personal and home life if I fully accept it?

5. Why did Paul and his cohorts “labor and strive” according to verse 10? What motivated them to be disciplined?

6. What does this passage reveal to me about God?

7. What does this passage reveal to me about myself?

8. What does this passage reveal to me about people, my church, friends, and the culture at large?



The Gain of Godliness

Pray

Read: Passage here

Engage:

What is your motivation for being disciplined? Specifically, what “gain of godliness” personally motivates you? What results do you want from personal discipline?

Desire is the fuel for discipline. How can the benefits of godliness fuel your discipline?

Now close your eyes and visualize yourself in a situation where you lack the motivation to be disciplined. Using the gains and rewards listed above, tell yourself in that situation WHY you should choose discipline. Remind yourself of what you want **most**.

Now imagine yourself responding in discipline. Visualize what that looks like.

Finally, note what gaps you might have in your understanding.



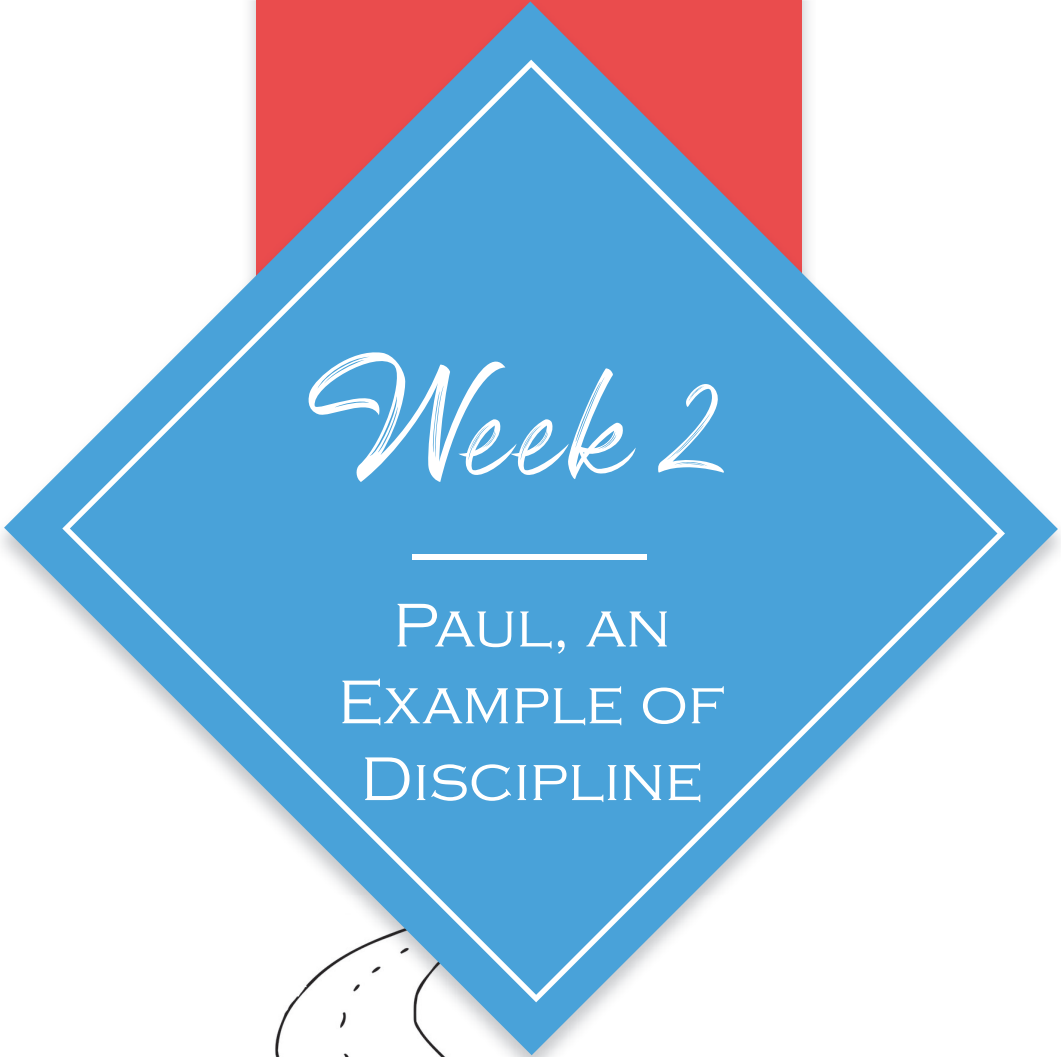
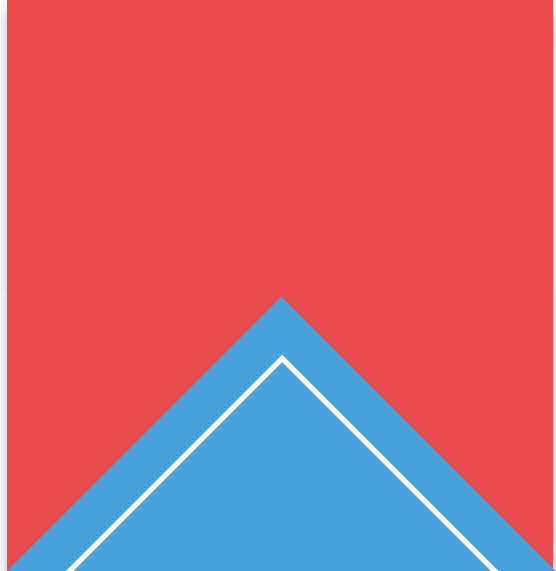
The Gain of Godliness

Pray:

Read: | Timothy 4:6-11

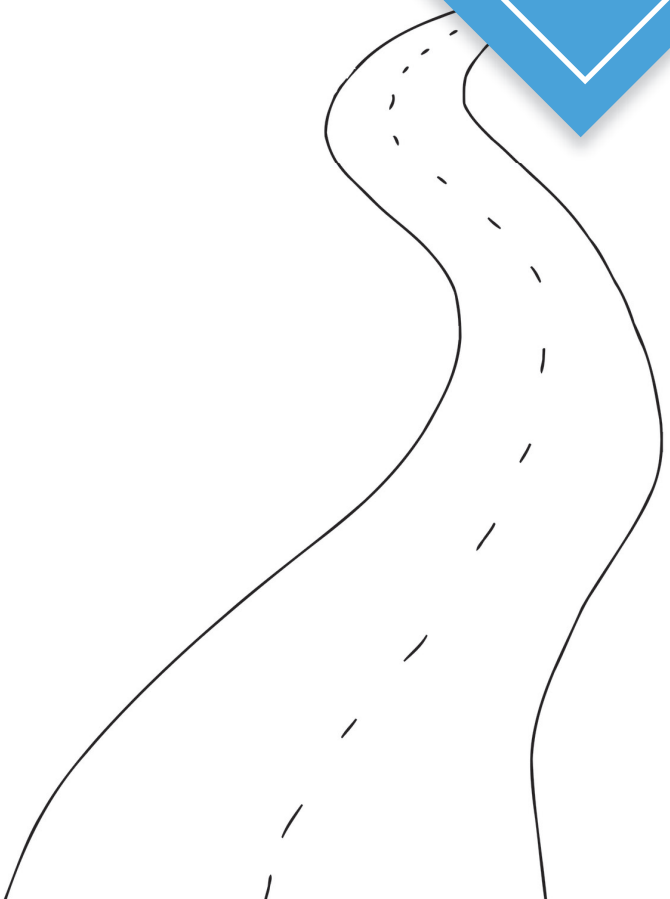
Repetitive Action:

Based on this week's study, what "seed" action (discipline) can you focus on practicing each day over the course of this study?



Week 2

PAUL, AN
EXAMPLE OF
DISCIPLINE





Paul, An Example of Discipline

Pray:

Read: I Corinthians 9:24-27

Observe:

Author: Who wrote this passage and why?

Audience: Who was this passage written to? What characteristics defined this person?

People: Who are the people/groups of people mentioned in this passage?

Place: Any geographical markers for this passage?
What is the setting?

Time: What is the historical context for this passage?

Main Idea: What is the overarching lesson or theme of this passage?

Summary: In your own words, outline or summarize this passage:



Paul, An Example of Discipline

What instruction does Paul give in verse 24?

How did Paul conduct his life (vs 26-27)?

What characterizes the life of an athlete who competes (vs 25)?

List any other observations from this passage:

Why did Paul live self-controlled (vs 25-26)?



Paul, An Example of Discipline

WEEK 2 / NOTES



Paul, An Example of Discipline

Pray

Read: I Corinthians 9:24-27

Study: Word Study - Self-Controlled

1. Use a dictionary to look up the definition of the term "self-controlled."
2. List any synonyms for this term you can find.
3. Go here to study this term in the original language. <https://www.blueletterbible.org/lang/lexicon/lexicon.cfm?Strongsg=G1467&t=ESV> Be sure to note the following:
 - a. Original word:
 - b. Part of speech:
 - c. # of times used in the New Testament:
 - d Definition and Usage:



Paul, An Example of Discipline

e. Passages where this term is used:

f. Authors who used this term:

-
-
-
-

g. How this term is used in Scripture:

h. Interesting findings and personal conclusion. Be sure to note what you discovered about how this term relates to discipline:



Paul, An Example of Discipline

Pray:

Read: I Corinthians 9:24-27

Ponder:

Today, spend some time meditating on our passage and allow the Lord to work it deep into your heart. Below are some questions you may want to think upon.

1. What are the differences between a "hobby" athlete and a professional athlete?

2. In what ways (or areas) does a professional athlete exercise self-control?



Paul, An Example of Discipline

3. How does Paul relate the life of an athlete to that of a believer?

4. From what you know about Paul, how specifically did he “discipline his body” and make it his slave? List as many instances and ways that you can think of.

5. What lessons can you learn from the life of Paul and the illustration of an athlete?



Paul, An Example of Discipline

Pray:

Read: I Corinthians 9:24-27

Engage:

Consider these broad areas and identify which ones could use more discipline in your life:

Emotions; Time; Health; Money; Work; Relationships; Possessions; Mind/Thoughts.

How might you be lacking discipline in one or more of these areas?

What ONE area most needs your attention?



Paul, An Example of Discipline

Regarding the area identified on the previous page, what specific situation most often trips you up (example: when you log onto Facebook to check something and end up getting lost):

What would discipline in this area look like?

Now close your eyes and visualize the situation you identified above, where you are undisciplined. Imagine yourself being faced with the choice to stay status quo or choose discipline.

Now imagine yourself responding in discipline. Visualize what that looks like and how it affects your emotions. Imagine how it affects your day. Imagine how it impacts others in your life. Note the benefits of choosing discipline.

Finally, note what gaps you might have in your understanding. Share these in the Facebook group.



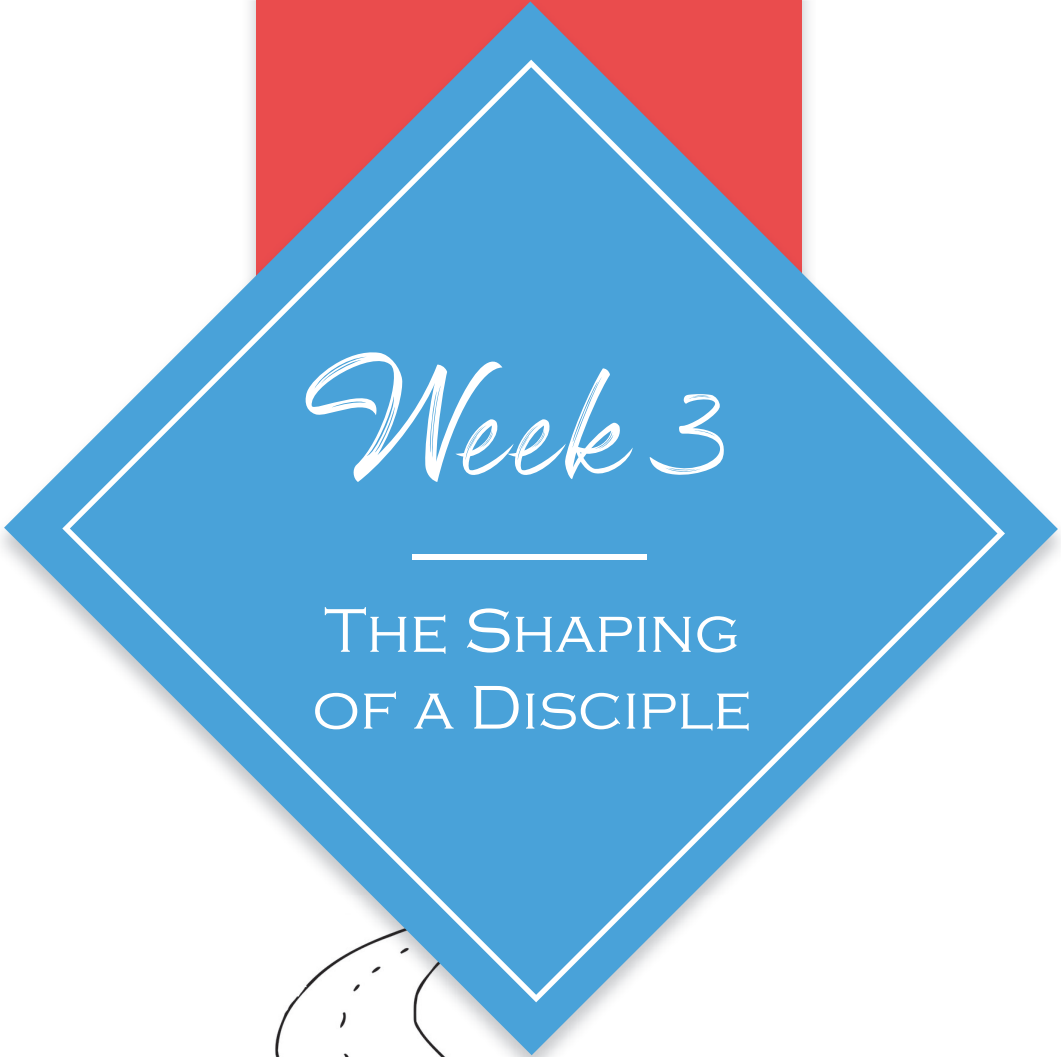
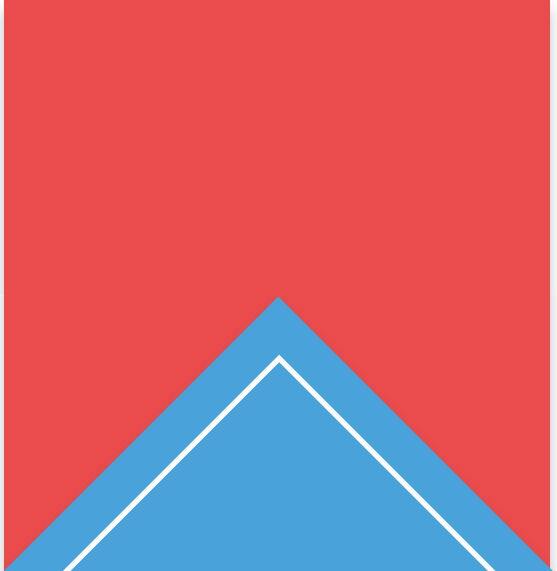
Paul, An Example of Discipline

Pray:

Read: I Corinthians 9:24-27

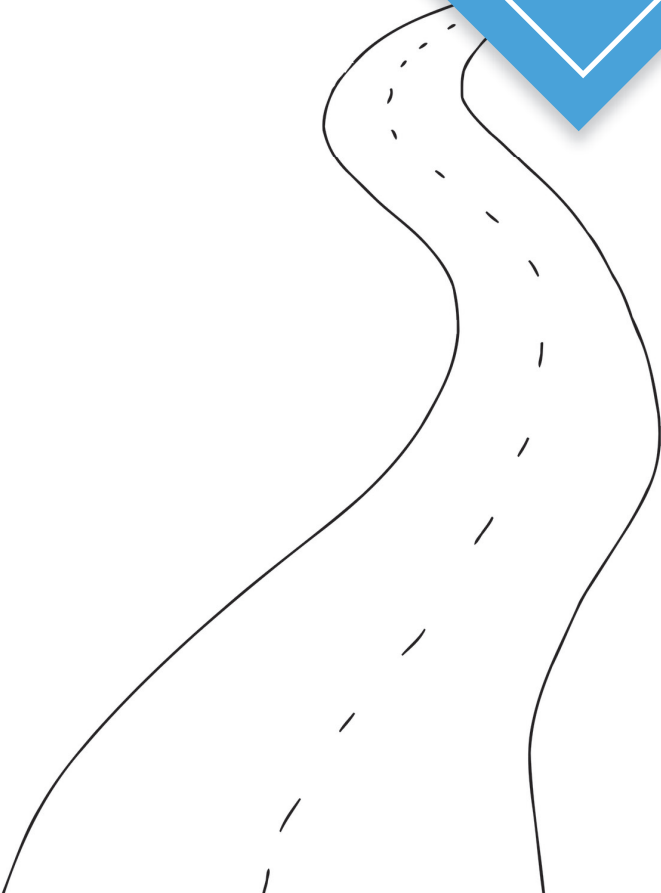
Repetitive Action:

Based on this week's study, what "seed" action (discipline) can you focus on practicing each day over the course of this study?



Week 3

THE SHAPING
OF A DISCIPLE





The Shaping of a Disciple

Pray

Read: II Timothy 2:1-6; may use other parts of the book to answer some of these questions

Observe:

Author: Who wrote this passage and why?

Audience: Who was this passage written to? What characteristics defined this person?

People: Who are the people/groups of people mentioned in this passage?

Place: Any geographical markers for this passage?
What is the setting?

Time: What is the historical context for this passage?

Main Idea: What is the overarching lesson or theme of this passage?

Summary: In your own words, outline or summarize this passage:



The Shaping of a Disciple

According to verse 3, what does being a disciple of Jesus entail?

In the columns below, list the characteristics, behaviors, and descriptions for each person mentioned in this week's passage.

Soldier:

Athlete:

Farmer:



The Shaping of a Disciple

WEEK 3 / NOTES



The Shaping of a Disciple

Pray

Read II Timothy 2:1-6

Study: Cross-Reference Search

Look up the following cross references and summarize each below:

II Timothy 2:3

Suffering

Hebrews 12:2-3

James 1:12

II Timothy 4:5

II Timothy 2:10

Soldier

Ephesians 6:11-18

II Corinthians 10:3-5



The Shaping of a Disciple

II Timothy 2:5

Athlete

II Timothy 4:7-8

Colossians 1:29

I Corinthians 9:24-27

Revelation 3:11

II Timothy 2:6

Farmer

I Corinthians 9:7-11

I Corinthians 3:6-9

Luke 10:2

John 4:35-38

Matthew 20:1



The Shaping of a Disciple

Pray:

Read: II Timothy 2:1-6

Ponder:

Today spend some time meditating on our passage and allow the Lord to work it deep into your heart. Below are some questions you may want to think upon.

1. Discipline means choosing both your pleasure and your pain. How does a soldier "choose his pain?" What makes it worth it to him?

2. Likewise, how does an athlete choose her pain? What makes it worth it to her?



The Shaping of a Disciple

3. And finally, consider the farmer. How does he choose his pain? What makes it worth it to him?

4. Why do you think Paul shared these illustrations with Timothy? What did he want Timothy to understand about his calling?

5. What has the Lord shown you as you've meditated on this passage?



The Shaping of a Disciple

Pray

Read II Timothy 2:1-6

Engage

From the soldier, the athlete, and the farmer, to which do you relate the most?

Now close your eyes and visualize yourself as the person you chose. Role play in your mind and get into character. Imagine yourself getting up in the morning as this person. How would your morning look?

What would characterize how you spend your time? Your resources?

Now imagine yourself as a soldier of the Kingdom, a Royal athlete, or a Farmer of the King. In your mind, what would your day look like if you woke up each morning "in character? Visualize what that looks like and how it affects your emotions. Imagine how it affects your day. Imagine how it impacts others in your life. Note how your choices would change.

Finally, note what gaps you might have in your understanding. Share these in the Facebook group.



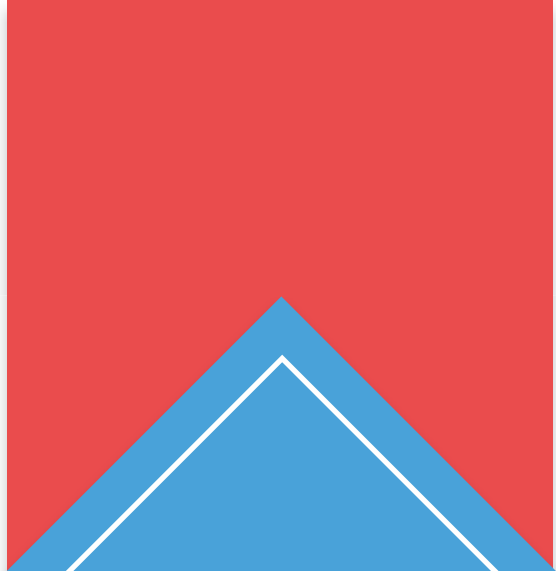
The Shaping of a Disciple

Pray

Read II Timothy 2:1-6

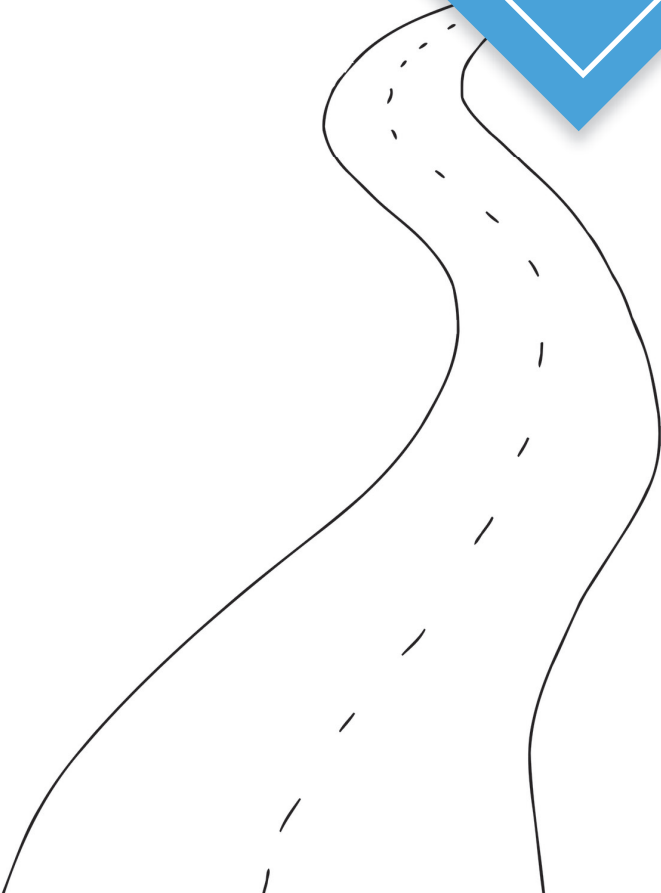
Repetitive Action:

Based on this week's study, what "seed" action (discipline) can you focus on practicing each day over the course of this study?



Week 4

RUNNING
UN-ENTANGLED





Running Un-Entangled

Pray

Read: Hebrews 12:1-2; may use other parts of the book to answer some of these questions

Observe:

Author: Who wrote this passage and why?

Audience: Who was this passage written to? What characteristics defined this person?

People: Who are the people/groups of people mentioned in this passage?

Place: Any geographical markers for this passage?
What is the setting?

Time: What is the historical context for this passage?

Main Idea: What is the overarching lesson or theme of this passage?

Summary: In your own words, outline or summarize this passage:



Running Un-Entangled

This passage is a very long string of phrases. Restate each phrase in your own words. Individually observe what each one says.

Therefore we also,

since we are surrounded by so great a cloud of witnesses,

let us lay aside every weight,

and the sin which so easily ensnares *us*,

and let us run with endurance the race that is set before us,

looking unto Jesus,

the author and finisher of *our* faith,

who for the joy that was set before Him endured the cross,

despising the shame,

and has sat down at the right hand of the throne of God.





Running Un-Entangled

Pray

Read Hebrews 12:1-2

Study Mini Topical Study

Topic: Encumbered/Weighed Down

Definition:

Synonyms:

Antonyms:

Reference:

Luke 8:14

Luke 21:34

Romans 13:11-14

II Timothy 2:4

II Peter 2:20

I Timothy 6:9-12

Summary/Observations:



Running Un-Entangled

Summary:

Conclusion: _____



Running Un-Entangled

Pray

Read Hebrews 12:1-2

Ponder

Today spend some time meditating on our passage and allow the Lord to work it deep into your heart. Below are some questions you may want to think upon.

What are a believer's motivations for living unencumbered?

How am I "easily weighed down" from running the faith race?



Running Un-Entangled

What about Christ's example inspires me most?

Who do I admire as an example of running well? Whose life can I mimic?

What does this passage teach me about heaven?



Running Un-Entangled

Pray

Read Hebrews 12:1-2

Engage

Close your eyes and visualize your life as a runner's course and yourself as the runner. What kind of terrain would your course include? Imagine yourself running your course while being intently watched by a crowd you cannot see. Watch as you stumble and grow weary and defeated in the hard places and imagine the great cloud of witnesses cheering you on to stay at it. How do you think they are rooting for you?

Now imagine yourself running your course but weighed down by the cares of this world, unhealthy habits, and worldly pursuits. Visualize yourself making a choice to set aside those weights. What does that look like? What would you set aside? How?

Finally, note what gaps you might have in your understanding. Share these in the Facebook group.



Running Un-Entangled

Pray:

Read: Hebrews 12:1-2

Repetitive Action:

Based on this week's study, what "seed" action (discipline) can you focus on practicing each day over the course of this study?