

# DISCIPLINE

101

What's good, YTH Nation!

We're continuing our conversation about what it looks like to be a disciple of Jesus, and spoiler alert — it's gonna take discipline. In fact, the word "disciple" can actually be translated to mean "disciplined one."

Sunday isn't enough. One Rhythm Night a month isn't going to cut it. If you want to really be transformed by Jesus, it's going to take daily work — or shall we say, discipline — on your part. Following Jesus takes training and grit, but we don't have to do it alone. In fact, we shouldn't do it alone.

Consider your eGroup your training partners. Lean into conversations during YTH Night. Keep each other accountable on the days in between. Do the work. Practice what you hear preached. And then watch what God does in and through you.

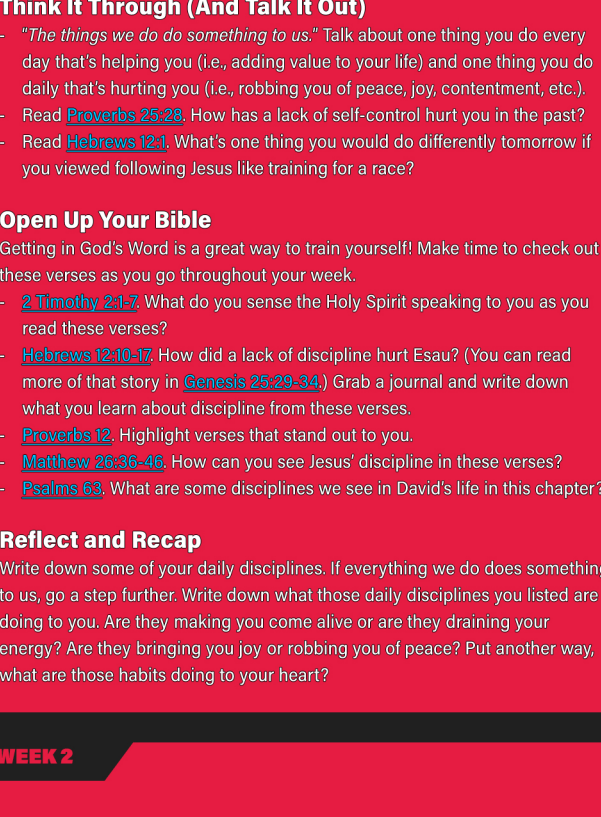
Discipline isn't always fun and it's rarely easy, but it's worth it, because on the other side of daily discipline is a better version of you. A stronger version of you. A more content version of you. And who doesn't want that?

So, don't sleep on this one, Elevation YTH! It's about to get gritty... and good!

## WEEK 1

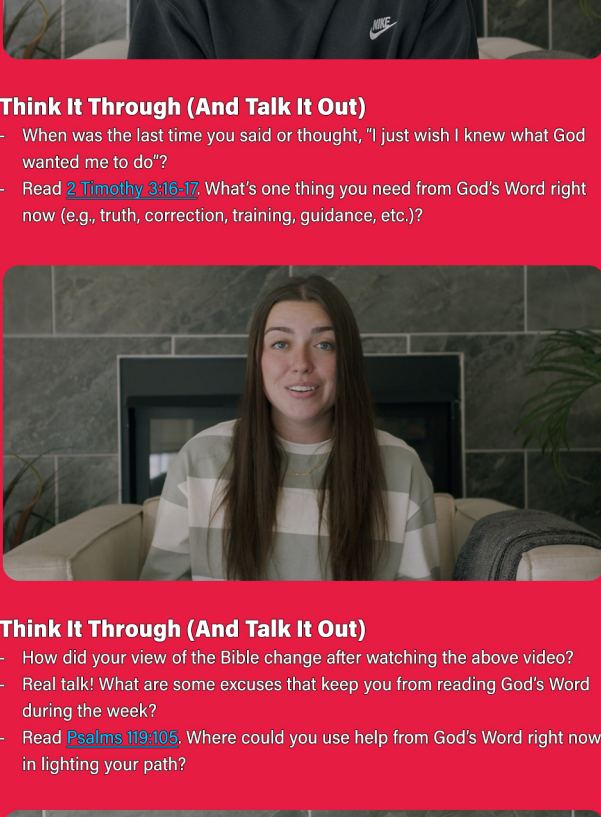
# TRAIN YOURSELF

"Have nothing to do with irreverent, silly myths. Rather **train yourself for godliness**; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." 1 Timothy 4:7-8



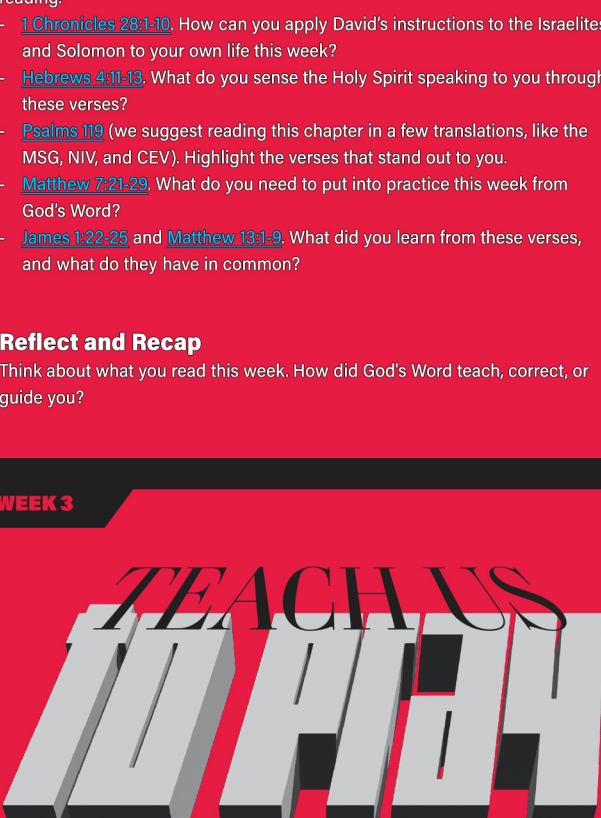
### Think It Through (And Talk It Out)

- What's something you've trained for (e.g., a sport, a performance, a new job, etc.)? What did that process involve?
- What comes to your mind when you think of training?
- Dylan said, "Discipleship is what bridges the gap between who we are and who we were created to be." How would you describe yourself right now? How would you describe the person you want to be?
- How would discipleship (or daily disciplines) help you bridge the gap between those two versions of yourself? (Pro-tip: Take time to write out your answers.)



### Think It Through (And Talk It Out)

- What's one area of your life where you're really disciplined? What's one area where you could use some more discipline?
- Michelle said our relationship with God takes effort. How would you rank the effort you're putting into your relationship with God right now on a scale of 1-10? What's one way you could begin putting more effort into your relationship?
- Read 1 Corinthians 9:24-26 in a few translations (we suggest the MSG, the CEV, and the NIV). Talk about what stands out to you in these verses and what it might look like for you to "run to win."



### Think It Through (And Talk It Out)

- "The things we do do something to us." Talk about one thing you do every day that's helping you (i.e., adding value to your life) and one thing you do daily that's hurting you (i.e., robbing you of peace, joy, contentment, etc.).
- Read Proverbs 25:26. How has a lack of self-control hurt you in the past?
- Read Hebrews 12:1. What's one thing you would do differently tomorrow if you viewed following Jesus like training for a race?

### Open Up Your Bible

Getting in God's Word is a great way to train yourself! Make time to check out these verses as you go throughout your week.

- 2 Timothy 2:1-7. What do you sense the Holy Spirit speaking to you as you read these verses?
- Hebrews 12:10-12. How did a lack of discipline hurt Esau? (You can read more of that story in Genesis 25:29-34.) Grab a journal and write down what you learn about discipline from these verses.
- Proverbs 12. Highlight verses that stand out to you.
- Matthew 26:36-46. How can you see Jesus' discipline in these verses?
- Psalms 63. What are some disciplines we see in David's life in this chapter?

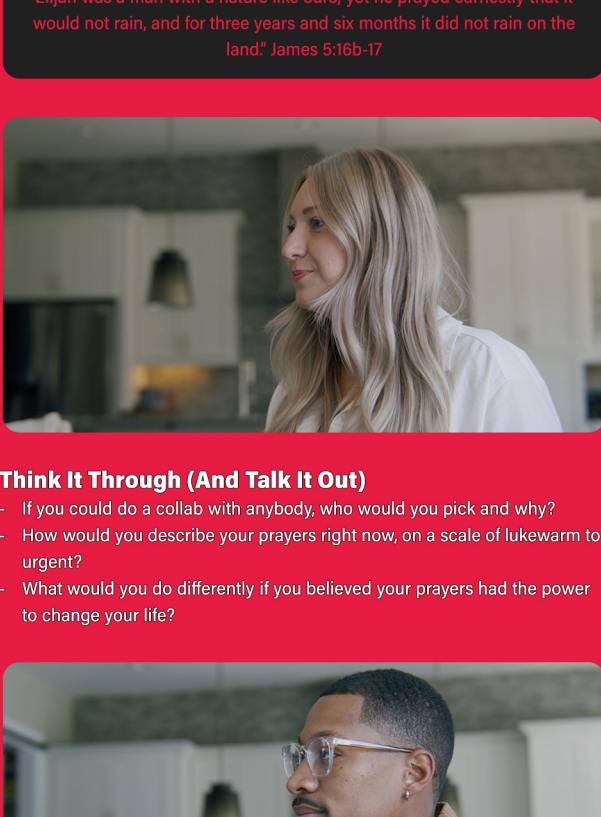
### Reflect and Recap

Write down some of your daily disciplines. If everything we do does something to us, go a step further. Write down what those daily disciplines you listed are doing to you. Are they making you come alive or are they draining your energy? Are they bringing you joy or robbing you of peace? Put another way, what are those habits doing to your heart?

## WEEK 2

# OPEN UP YOUR BIBLE

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for **training** in righteousness, that the man of God may be complete, equipped for every good work." 2 Timothy 3:16-17



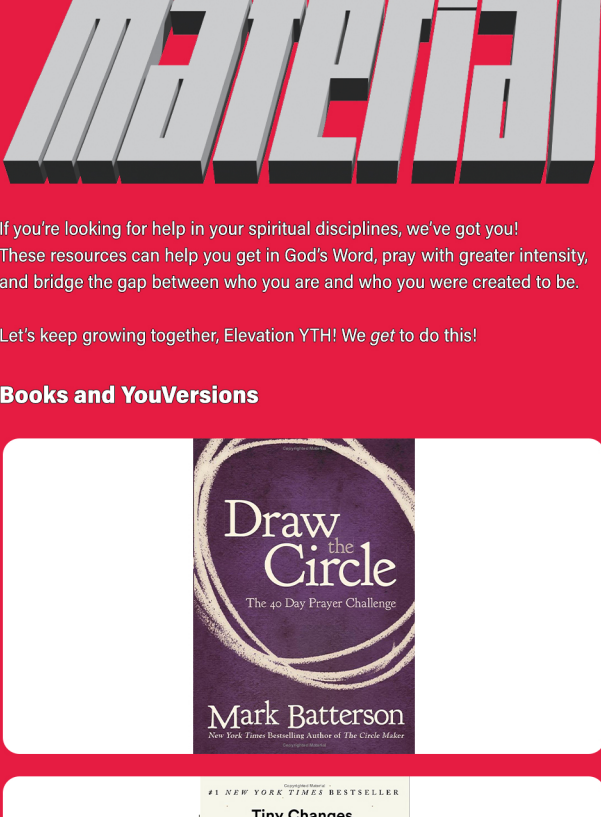
### Think It Through (And Talk It Out)

- When was the last time you said or thought, "I just wish I knew what God wanted me to do"?
- Read 2 Timothy 3:16-17. What's one thing you need from God's Word right now (e.g., truth, correction, training, guidance, etc.)?



### Think It Through (And Talk It Out)

- How did your view of the Bible change after watching the above video?
- Read talk! What are some excuses that keep you from reading God's Word during the week?
- Read Psalms 119:103. Where could you use help from God's Word right now in lighting your path?



### Think It Through (And Talk It Out)

- Do you have a Bible reading plan or devotional you love? Share it with your group!
- Read Matthew 14:12-21 and apply the SOAP method together (Scripture, Observation, Application, Prayer). (Pro-tip: Check out [this commentary](#) to go deeper in your observation.) How did applying this method help you better understand and process this particular Bible story?
- Read Psalms 1:1-3. Let's make it practical. What are some ways you can meditate on God's Word this week? Are there things you can stop focusing on so you can better meditate on His Word?

### Open Up Your Bible

No more excuses. You've got this! Pick a time and a place, and commit to opening up your Bible. Don't forget to apply the SOAP method during your reading.

- 1 Chronicles 28:1-10. How can you apply David's instructions to the Israelites and Solomon to your own life this week?
- Hebrews 4:11-13. What do you sense the Holy Spirit speaking to you through these verses?
- Psalms 119 (we suggest reading this chapter in a few translations, like the MSG, NIV, and CEV). Highlight the verses that stand out to you.
- Matthew 7:21-29. What do you need to put into practice this week from God's Word?
- James 1:22-25 and Matthew 13:1-9. What did you learn from these verses, and what do they have in common?

### Reflect and Recap

Think about what you read this week. How did God's Word teach, correct, or guide you?

## WEEK 3

# TEACHING WITH AN

"Devote yourselves to prayer; stay alert in it with thanksgiving" Colossians 4:2



### Think It Through (And Talk It Out)

- If you could talk to one celebrity, musician, or athlete (dead or alive) whenever you wanted, who would you pick?
- Sam talked about the word "devote." What are two things you're devoted to right now?



### Think It Through (And Talk It Out)

- Prior to watching Jonathan's teaching, what was your definition of prayer?
- Read 1 Thessalonians 5:17. Why do you think we struggle with this? What are some things that keep you from praying?
- When it feels like your prayers aren't "working," what are some things you turn to instead?



### Think It Through (And Talk It Out)

- What's something you're praying for right now?
- Read Matthew 6:5-13. What do you learn about prayer from Jesus' teaching in this passage?
- Is it easy for you to view God as a good Father? Why or why not? If that's not how you view Him, what is your view of Him? Do you think that's impacting how you pray?

### Open Up Your Bible

Pro-tip: Don't just read through these passages of scripture — pray through them! Nothing is more powerful than praying God's word.

- 1 John 3:21-23. Write down what the Holy Spirit is speaking to you through these verses.
- Philippians 4:4-9. Highlight what stands out to you in these verses.
- Mark 11:20-26. What did you learn from Jesus' words on prayer?
- Psalms 136. Highlight the verses that speak to you.
- Romans 12:9-21. How is God calling you to apply these verses to your life today?

### Reflect and Recap

Create your own prayer based on the Lord's Prayer and the ACTS Method (Adoration, Confession, Thanksgiving, Supplication). Remember, it's not a formula; it's a guide. Use your own words and commit to spending 10 minutes in prayer every day this week. Bring both your praise and your worries, but use the Lord's Prayer as your guide.

## WEEK 4

# THE ULTIMATE CHALLENGE

"The urgent request of a righteous person is very **powerful** in its effect. Elijah was a man with a nature like ours; yet he prayed earnestly that it would not rain, and for three years and six months it did not rain on the land." James 5:16b-17



### Think It Through (And Talk It Out)

- If you could do a collab with anybody, who would you pick and why?
- How would you describe your prayers right now, on a scale of lukewarm to urgent?
- What would you do differently if you believed your prayers had the power to change your life?



### Think It Through (And Talk It Out)

- Read Luke 11:9-13. What's a situation you need to keep bringing to God in prayer?
- What would "shameless audacity" (vs. 8) look like in your prayer life?
- Read Exodus 3:2-7. How does this story change your perspective on prayer?
- Earnest prayers could be described as; diligent, heartfelt, continuous, and persevering. What are some words you would use to describe your own prayers?



### Think It Through (And Talk It Out)

- We collab with God in prayer when we ASK (Ask, Seek, Knock). Which of these do you need to get better at (asking God, seeking Him in His Word, or being consistent and persistent)?
- If you believed the Creator of the universe wanted to collab with you (in your relationships, in your work, in your purpose, etc.), in what area of your life would you begin praying with more intensity and working with more confidence?

### Open Up Your Bible

- Matthew 7:7-11. How do these verses encourage you in your prayer life?
- James 5:13-18. Grab a journal and write down what the Holy Spirit is speaking to you.
- 1 Samuel 1:1-28. What did you learn from Hannah's story?
- Joshua 10:1-14. What miracle did Joshua pray for? Where do you need to pray bigger and bolder prayers right now?
- Psalms 6. Highlight the verses that stand out to you.

### Reflect And Recap

Pray it through. What have you stopped praying for because it hasn't been answered? What have you worried about, but not prayed about? Bring it to God daily this week using the "ASK" method. It may take longer than a week (it could take years), but keep talking to God about it if it's on your heart and keep seeking His will in His Word. Write down what He's showing you along the way.

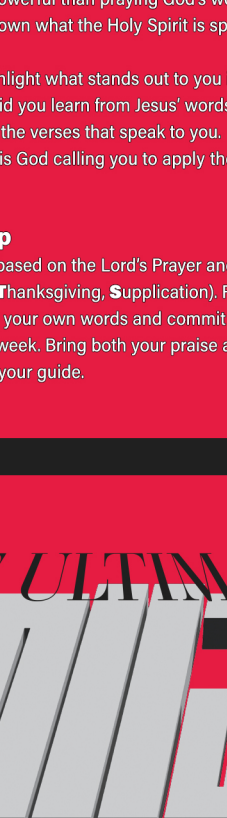
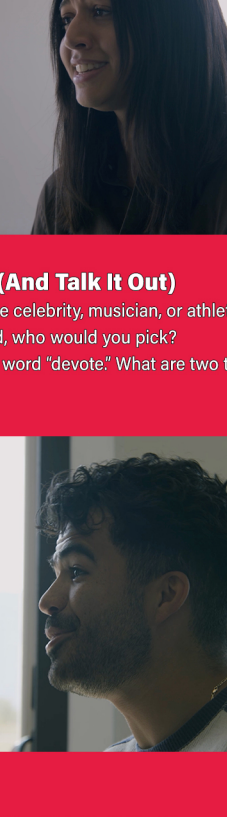
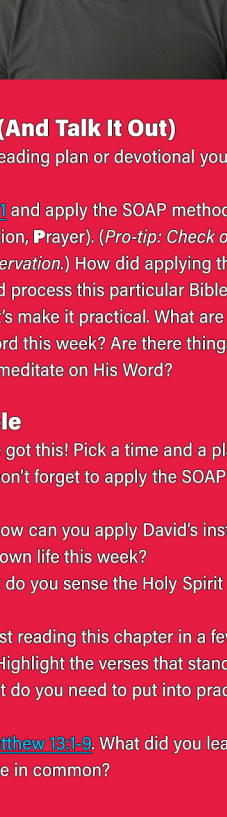
## WEEK 4

# BONUS MATERIAL

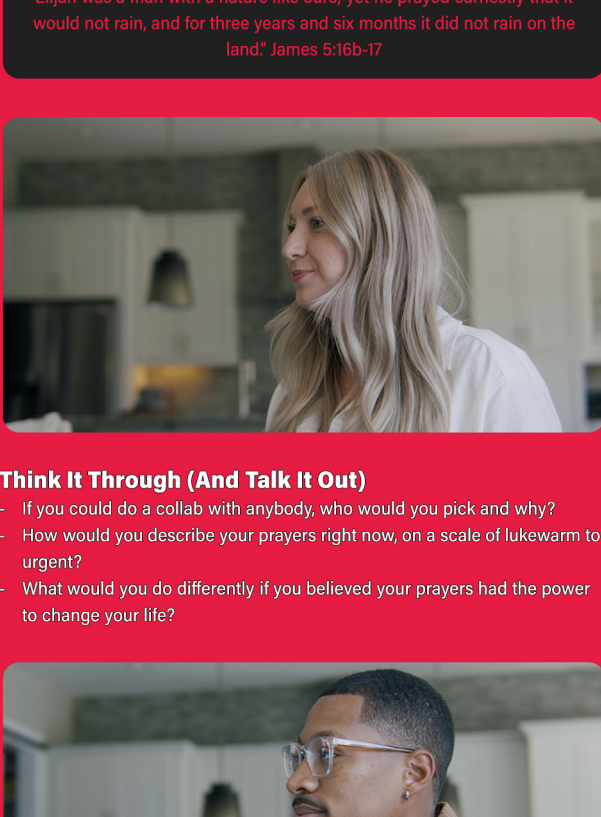
If you're looking for help in your spiritual disciplines, we've got you! These resources can help you get in God's Word, pray with greater intensity, and bridge the gap between who you are and who you were created to be.

Let's keep growing together, Elevation YTH! We get to do this!

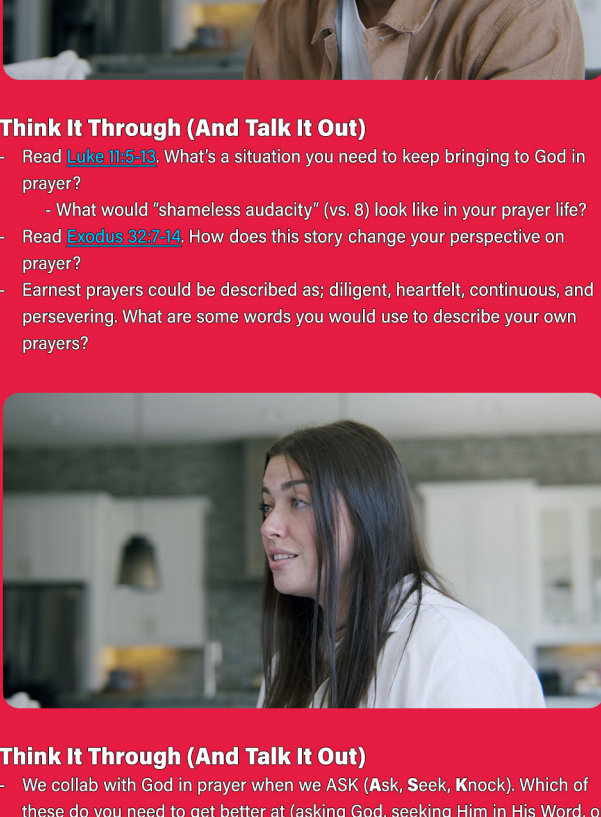
### Books and YouVersions



### Sermons and Podcasts

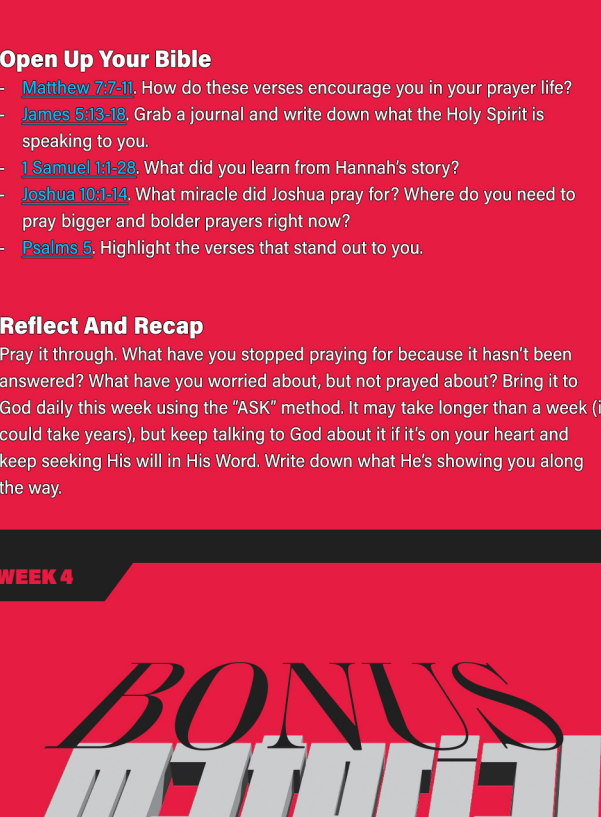


### JUST PRAY

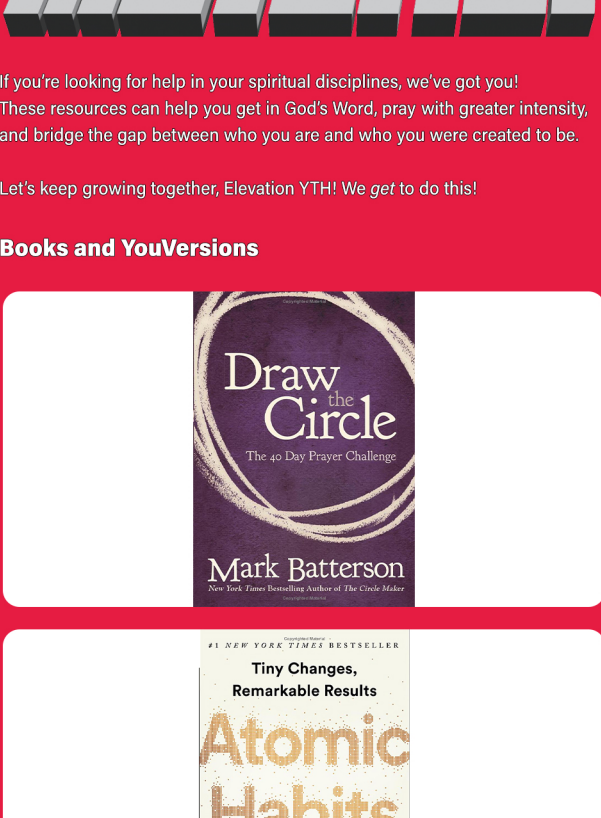


### Teach Us to Pray | Prayer E1

John Mark Comer Teachings



### IYKYK



### HOUSE OF PRAYER