



WISE UP

KNOWLEDGE VS. WISDOM

SELF-DISCIPLINE / PROVERBS 24:30-34

1. Recall a time when you made yourself do something that you didn't want to do, but you did it anyway because it was the right thing to do.
2. Pastor Mark talks about the "Training Montage" common in many action hero movies, where there is a scene of about 3-4 minutes where the hero is training to prepare for something big. How is real life different from the training montage?
3. Pastor Mark shares a definition of self-discipline: "The ability to make yourself do what you know you should do, when you should do it, whether you feel like it or not." In what way is this a master skill for building a meaningful and God-honoring life?
4. Read Proverbs 24:30-34. Pastor Mark suggests that this is not a Bible verse that condemns the need for adequate rest and relaxation. It is also not advocating unhealthy workaholism, but it is a warning. What is the warning contained in this proverb?
5. Pastor Mark talks about a study done on Olympic swimmers that highlighted "The Mundanity of Excellence." What does that term mean and how does it apply to Olympic Swimmers? How does it apply to anyone who desires to be excellent?



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6. Malcolm Gladwell's book "Outliers" explores the critical factors for success and achievement in life, and points out the importance of parents training children in self-discipline from a fairly early age. Why is it important for children to begin learning self-discipline while they are young?
7. Gladwell points to the different parenting philosophies between Japanese parents and American parents impact the lives of children. Japanese parents view their primary role as preparing children for the difficulties and struggles of life, while many American parents view their primary role as protecting their children from the difficulties and struggles of life. How do you think modern day parents can become effective at knowing when to push their children to take on challenges while still protecting them from real dangers that could harm them?
8. Pastor Mark describes a research project where Japanese children were willing to work on a complicated math problem for nearly 14 minutes before giving up, while American children were willing to work for only 9 ½ minutes before giving up. How is this related to self-discipline?
9. How does our Christian Faith help us gain the perspective we need to be self-disciplined in the face of adversity and challenges?
10. How does the Holy Spirit give us the power we need to make ourselves do what we know we should do whether we feel like it or not?
11. Is there something you know you should be doing on a consistent basis, but you haven't been making yourself do it because you don't "feel like it"? How might self-discipline help you in this area of your life?