

SELF DISCIPLINE

– TECHA APRIL/MAY 2020



In the Bible it says
(2 Chronicles 15:7):
But you, be strong
and do not let
your hands be
weak, for your
work shall be
rewarded.

A fool gives full vent to their anger, but a wise person keeps it under control (Proverbs 29:11)

**DISCIPLINE
THE ONE THING
NECESSARY
TO ACHIEVE ANY
GOAL
WORTH HAVING**

Think about things that you are doing at the moment that require good self-discipline. Think about:

- Planning your day during lockdown
- Not going out when you want to
- Doing school work as an independent learner
- Managing your relationships with those you live with at home

How do you use self-discipline to help you during lockdown?

Work, rest and play... all under one roof? That's the reality for millions of us who are adapting to working from home as part of strict lockdown rules. Here are 7 tips to help you cope:

- 1. Plan ahead** – try to be organised
- 2. Stick to a routine** – try to do school work during school hours
- 3. Maximise your outdoor allowance** – exercise helps to lift your mood
- 4. Learn to switch off** – call a friend, have meals as a family
- 5. Make weekends sacred** – plan fun activities with family – games, baking, creative activities, chat on social media with friends
- 6. Create a designated workspace** – try to stick to one place to do your school work
- 7. Prioritise your relationships** – be kind to those you live with

HOW ARE YOU MANAGING THESE 7 TIPS??



Self Discipline during Ramadhan (started 23 April)

RAMADHAN IS ONE OF THE 5 PILLARS OF ISLAM AND OVER 20% OF THE STUDENTS AT CHA WILL BE INVOLVED THIS YEAR:

For 30 days, from sunrise to sunset, observant Muslims, that are physically capable, abstain from taking anything by mouth, including food and water. But the month is about more than just fasting. A fasting person gains true sympathy with those who go hungry frequently.

How do Muslims deal with Fasting??

While fasting during Ramadan, you are more susceptible to provocation and irritability due to hunger and thirst, yet if provoked we are recommended to respond with “I’m fasting” instead of anger.

It is very difficult to control emotions normally let alone when you are fasting!!

www.bbc.com

Muslims fast in Ramadan, for devotion to Allah and for self discipline.

Self-discipline – The Key to Success – USAIN BOLT



Usain Bolt is a Jamaican former sprinter. He is a world record holder in the 100 metres, 200 metres and 4 × 100 metres relay. Owing to his achievements and dominance in sprint competition, he is widely considered to be the greatest sprinter of all time. The making of Bolt into a superstar is as a result of his self-discipline to train. This is a man who trains an average of 8-hours a day whether rain or shine and irrespective of whether he feels like it or not.

Quotes from Usain Bolt showing the importance of self-discipline in becoming the greatest sprinter of all time

Dreams are free. Goals have a cost. While you can daydream for free, goals don't come without a price. Time, Effort, Sacrifice, and Sweat. How will you pay for your goals?

No matter how far you get ahead of me, I'm gonna catch you. That's my mentality that I go there with.

Easy is not a option..No days off..Never Quit..Be Fearless.. Talent you have Naturally.. Skill is only developed by hours and hours of work.

Jesus was tempted in the desert – MATTHEW 4:1-11

After Jesus was baptized, He was led into the wilderness. It's the desert. He WAS tempted by the devil. Jesus fasted for 40 days and nights. That means He didn't eat ... anything. Think about that!

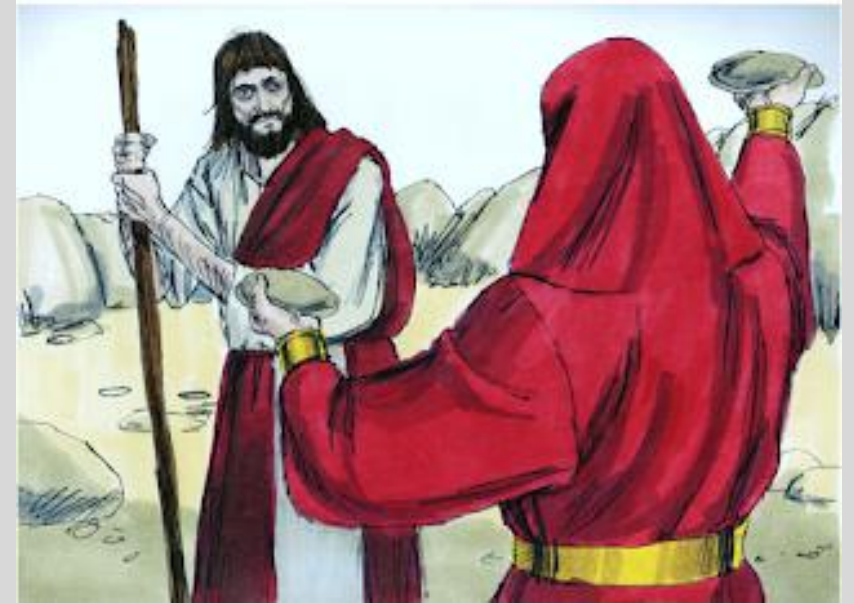
After that time, (40 days) He was hungry. The Devil came to tempt Jesus.

The devil said "If you are the Son of God, command these stones to become bread Jesus told him that bread isn't the only thing that you need to live on, you need the Words of God also.

Satan took Jesus up into the Holy City and put Him at the top of the temple. He said "If you are the Son of God, throw yourself down and let the angels save you" Jesus answered this time saying Again, Do not tempt me.

Now Satan took Jesus up to a really high mountain and showed Him all the kingdoms of the world. Satan told Jesus that I will give You all these things if You will fall down and worship me.

Well, Jesus answered by telling Satan to go away! You should only worship the Lord your God and only serve Him!



MANY CHRISTIANS USE THIS STORY TO SHOW HOW JESUS USED GREAT SELF-DISCIPLINE TO OVERCOME THE TEMPTATIONS OF THE DEVIL!

How to remain upbeat during lockdown!! Good news stories!

- Looking out for your neighbours during lockdown measures

Comedian and writer Nick Doody posted a heartwarming photograph from his street after he and his neighbours got together for a "cuppa and chat". Our street now has a WhatsApp group & this morning one neighbour was struggling with loneliness, so earlier we all had a socially distanced cuppa and chat together. This stuff makes a difference.

- **Switzerland has taken looking out for your neighbour to an international level**, showing support for Italy by lighting up the side of a mountain in the Alps. Authorities beamed up a light show onto the Matterhorn throughout the week with messages about the coronavirus outbreak including "hope" and "stay at home".

- **The selfless birthday girl**

7 year old Josephine sets a great example to us all by postponing her birthday party until we have sent coronavirus packing. Young Josephine wrote a heart-warming letter to the prime minister to tell him she promises not to celebrate her birthday with a party – so she can stay home instead.

"I want to let you know it is my birthday today but I am staying at home because you asked us to," the letter shared to Mr Johnson read.

"I think mummy and daddy might have to cancel my birthday party but I don't mind because I want everyone to be ok.

"Please keep working hard to keep us all well. Are you remembering to wash your hands?"

The prime minister responded with a letter of his own – and did indeed confirm he is washing his hands "regularly".



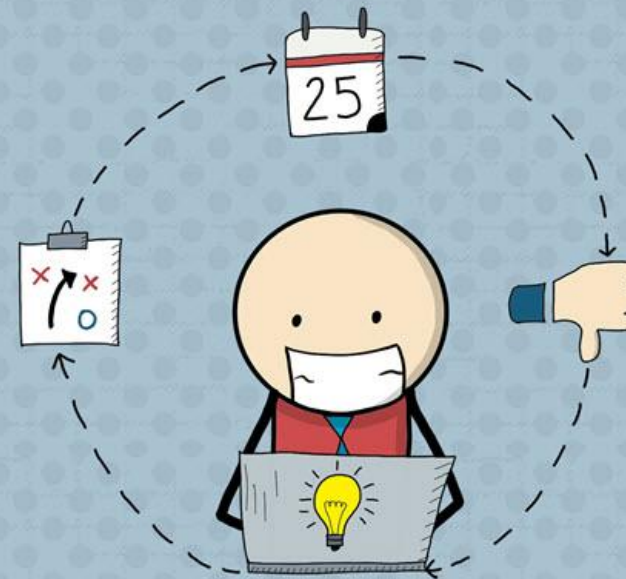
Think about it: how can I use self-discipline in my life?

8 Effective Ways to Learn Self Discipline

- Acknowledge Your Weaknesses
- Define Your Goals
- Always Start Small
- Remove the Temptations
- Remember That You're in Charge
- Always Plan Ahead
- Reward Yourself
- Don't Be Afraid to Fail

DEVELOPING SELF-DISCIPLINE

SELF-DISCIPLINE IS ABOUT YOUR ABILITY TO CONTROL YOUR DESIRES AND IMPULSES FOR LONG ENOUGH TO STAY FOCUSED ON WHAT NEEDS TO GET DONE TO SUCCESSFULLY ACHIEVE YOUR GOAL. IT'S ABOUT TAKING SMALL CONSISTENT DAILY ACTIONS THAT HELP YOU FORM CRITICAL HABITS THAT SUPPORT YOUR OBJECTIVES.



ACTIONABLE IDEAS:

- 💡 GET CLEAR ABOUT WHAT IT IS YOU WANT TO ACCOMPLISH.
- 💡 EVALUATE WHY YOU WANT TO ACCOMPLISH THIS GOAL.
- 💡 ELIMINATE ALL DISTRACTIONS.
- 💡 PRIORITIZE YOUR HIGHEST VALUE TASKS AND ACTIVITIES.
- 💡 TRACK YOUR PROGRESS.
- 💡 KEEP YOURSELF ACCOUNTABLE.

A prayer for reflection

Dear God,

Please help me to have more self-control. Train me, like an athlete to be strong and determined. Help me to show self-discipline during these difficult times to make me healthy and support those at home with me. Help me to manage the new pressures on my life so that I can remain strong and hopeful. May I show forgiveness, patience and peacemaking. Help me to increase my stamina to give out to those in need. And may I be freed from past hurts and confusions so that I can run free.

Amen.