

Self-discipline

Mr Griffiths

Vision and Values

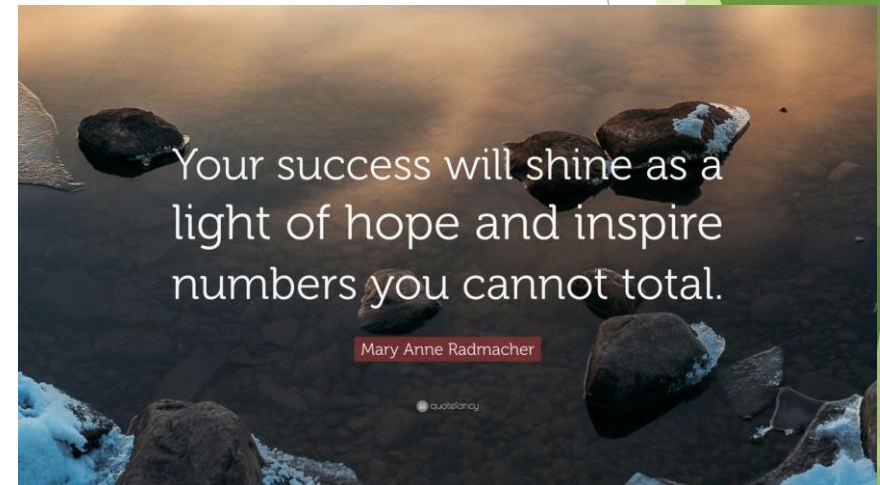


- ▶ Create, Aspire and Excel to 'Live life in all its fullness' (John 10:10) through our dedication to the seven Christian values of love, hope, self-discipline, compassion, forgiveness, respect and honesty.

The world loves to shine a light on successful people. They could be an athlete, singer or business person. If they are a success story, you can bet our media will publish it.

We need to deprive ourselves in the short term, so we can get what we want in the long term. That means doing something we don't want to do or not doing something we want to do. This is self discipline.

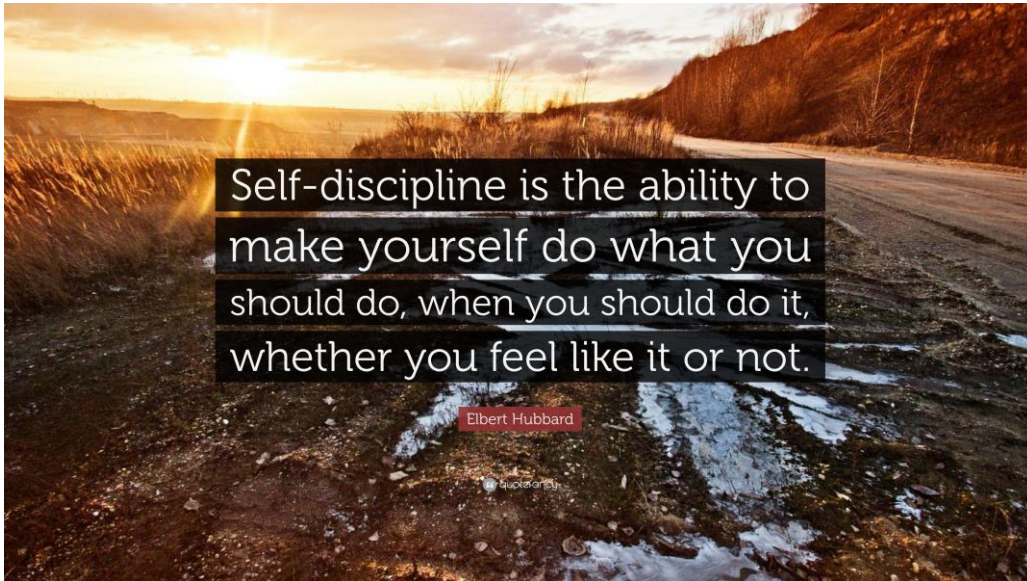
What does this mean?



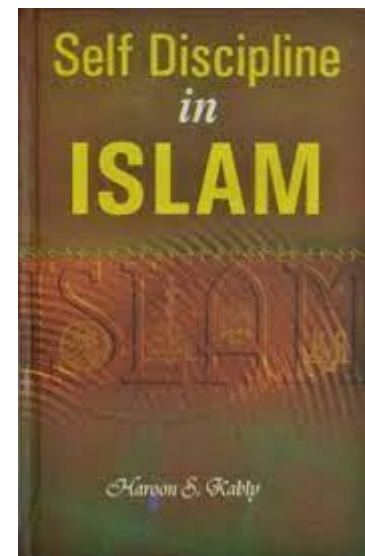
When learning happens at its best, you will be self-disciplined

1. Know Your Strengths and Weaknesses
2. Know When You Are Motivated
3. Recognize Your Downfalls
4. Stay Positive
5. Get Support
6. Get Better at Time Management

Self discipline: *Persistence*
until you reach your goals.



A Muslim can discipline himself by: 1- worshipping Allah, keeping in contact with Him and submitting to Him, 2- reading Quran, 3- reading useful religious books, 4- attending educational programs, 5- Keeping company with righteous people...



Why Am I Not More Disciplined?

How many times have you made some resolve, let it fall by the wayside, and wondered why you're not more disciplined? I've done it more times than I care to admit. What's our problem?

Well, first let's acknowledge that we're complex beings and numerous factors can play into our capacities for self-discipline. Our genetics, conditioning, past trauma, various kinds of mental health struggles, and many other issues all affect us to differing degrees. And God understands how they affect each of us. He knows we don't all have the same capacities for self-discipline and doesn't hold us all to the same expectations. Jesus's principle applies here: "Everyone to whom much was given, of him much will be required" (Luke 12:48). So, we must be careful when assessing ourselves in comparison to others, and very careful and gracious when judging others.

But these factors don't change the fundamental fuel that powers the capacities we do have for self-discipline and self-denial: the joy of a reward set before us (Hebrews 12:2).



<https://www.theguardian.com/world/2023/may/21/ex-gurkha-soldier-with-no-legs-reaches-summit-of-mount-everest>

Double amputee Gurkha veteran reaches summit of Mount Everest

Hari Budha Magar reached the peak despite being a double amputee since an explosion in Afghanistan



Read the news article and discuss what it must have taken for this man to climb the worlds highest peak!

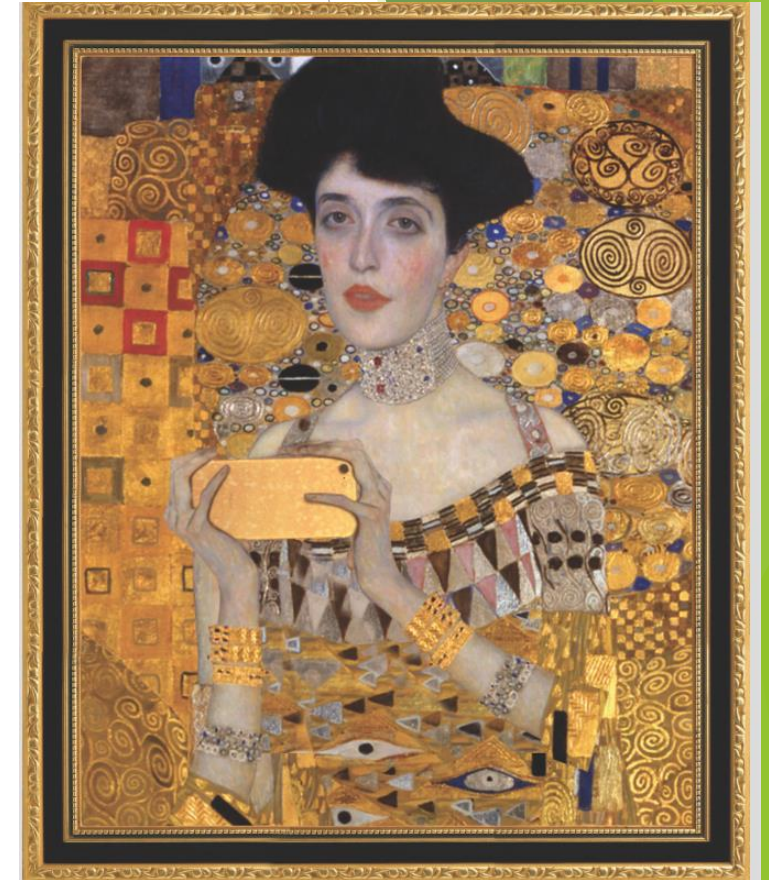


No discipline seems pleasant at the time, but painful.
Later on, however, it produces a harvest of righteousness
and peace for those who have been trained by it.
Hebrews 12:9-11

<https://youtu.be/cPn3UOt1lxw?si=EuhbX9nr58WFrRdb>

Watch this short animated video on self-discipline

Our perception of ourselves?....



“Selfie” was the word of the year In the Oxford dictionary 2013
What we see on social media are not the real things that give life meaning

Reflect.....

Seeing our differences for what they are is important. We all have different ethnicities, cultures, religions, family backgrounds, appearances, interests and abilities

We have similar thoughts, feelings, wants and dreams. We all need to be appreciated for who we are. And we need to feel connected, like we belong.

Sometimes its difficult to get beyond our differences. We are uncomfortable with them, maybe even afraid of them, so we tease and taunt, or even worse act superior to others who are different from us. This sets up division, barriers, prejudices and bad feelings that can led to mistrust, even hatred.

Thank you