



Speak the Word Church  
International  
Women's Bible Study  
April 9th, 2021 6:30-8:00pm  
Online

# HABITS OF THE HEART: EMBRACING GODLY DISCIPLINE

## GOALS & KEY CONCEPTS:

- ☐ To understand a biblical definition of discipline.
- ☐ To identify, explore and understand the negative and positive habits of your heart according to the Word of God, the Bible.
- ☐ To grasp a personal understanding of the factors in your life that have contributed to a level of discipline and to understand why you have experienced certain outcomes.
- ☐ To restore women to a sense of godly discipline.
- ☐ To identify scriptures in the Bible to build your faith related to the habits of your heart.

## DEFINITION: What is the definition of discipline?

- ☐ To train or develop by instruction and exercise, especially in self-control
- ☐ To impose order upon
- ☐ Punishment
- ☐ An orderly or prescribed conduct or pattern of behavior
- ☐ Training that corrects, molds, or perfects the mental faculties or moral character
- ☐ A rule or system of rules governing conduct or activity
- ☐ A field of study

## DEFINITION: What is the definition of a habit?

- ☐ A settled tendency or usual manner of behavior
- ☐ An acquired mode of behavior that has become nearly or completely involuntary
- ☐ It is a manner of conducting oneself
- ☐ The prevailing disposition or character of a person's thoughts and feelings: mental makeup
- ☐ Characteristic mode of growth or occurrence

## ICEBREAKER: Group Discussion/Group Chat

1. What are some areas in your life where discipline should be applied?

1.
2.
3.
4.
5.

2. What are some habits that are positive? What are some negative habits? List five of each

Positive Habits	Negative Habits
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

## FOUNDATION SCRIPTURE:

### Hebrew 12:1-12 NEW LIVING TRANSLATION:

12 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. 2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. 3 Think of all the hostility he

endured from sinful people; then you won't become weary and give up. 4 After all, you have not yet given your lives in your struggle against sin.

5 And have you forgotten the encouraging words God spoke to you as his children? He said,

"My child, do not make light of the Lord's discipline,  
and do not give up when he corrects you.

6 For the Lord disciplines those he loves,  
and he punishes each one he accepts as his child."

7 As you endure this divine discipline, remember that God is treating you as his own children. Who ever heard of a child who is never disciplined by its father? 8 If God does not discipline you as he does all his children, it means that you are illegitimate and are not really his children at all. 9 Since we respected our earthly fathers who disciplined us, shouldn't we submit even more to the discipline of the Father of our spirits, and live forever?

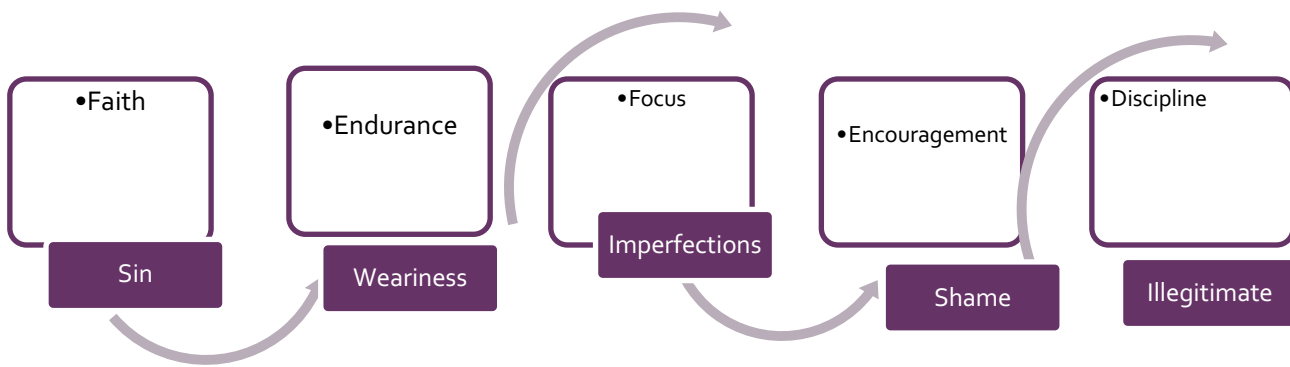
10 For our earthly fathers disciplined us for a few years, doing the best they knew how. But God's discipline is always good for us, so that we might share in his holiness. 11 No discipline is enjoyable while it is happening—it is painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.

12 So take a new grip with your tired hands and strengthen your weak knees. 13 Mark out a straight path for your feet so that those who are weak, and lame will not fall but become strong.

## PART 1 DEVELOPING DISCIPLINE

There are 10 key words taken from Hebrews 12:1-12 identifies how to develop discipline in the life of a believer. There are positive and negative steps that must be addressed before a person reaches a place of discipline. These areas often contradict each other, and they determine how a person can pursue a relationship with the Lord and with others.

Faith	Sin
Endurance	Weariness
Focus	Imperfections
Encouragement	Shame
Discipline	Illegitimate



## 1. FAITH to DISCIPLINE

Faith is the initial step toward any endeavor of discipline. It is necessary to understand the relationship you have with the Lord and how dependent you are upon Him to bring any type of manifestation of discipline into your life. Discipline does not just happen. It is a process.

The verse Hebrews 12:1 states that “we are surrounded by witnesses to this life of faith”. This indicates that you are actively living a life of faith and you are not alone. Discipline is not developed alone. This verse indicates that there are believers who experienced hardships and they kept their faith in the past. There are believers who are in your life and they share a measure of faith with you. In addition, there will be believers who continue in the faith after you die. How are you going to live this life of faith and be effective in life?

Hebrews 11:6 states [...] and it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

Romans 17:10 So faith comes from hearing, that is, hearing the Good News about Christ.

Faith must be present to cultivate discipline in your life.

### THE WEIGHT OF SIN:

Paul identifies that there is a “weight that slows us down, especially the sin that so easily trips us up”.

You can make a choice to walk in faith or make the choice to be boggled down by the weight of your situations and the sin that ensnares you.

### Questions of Discussion & Reflection: Faith & Sin

1. What area of your life needs discipline and what scriptures are you using to build your faith?
2. What sin is slowing you down and what is “tripping you”?

MY NOTES:

## 2. ENDURANCE VS. WEARINESS

Hebrew 12:1 *“And let us run with endurance the race God has set before us”*

Endurance is the ability to withstand hardship or difficulty. Weariness is exhaustion in strength, vigor, or freshness. It is having one’s patience or tolerance exhausted. How are you running in your life of faith? Are you running with endurance? Endurance is developed over time. Time is a key factor in terms of where you are at in life, and it is about the race that God has set before you.

Scriptures to help you with endurance and weariness:

### SIDENOTE: MATTHEW 15:21-28

21 THEN JESUS LEFT GALILEE AND WENT NORTH TO THE REGION OF TYRE AND SIDON. 22 A GENTILE WOMAN WHO LIVED THERE CAME TO HIM, PLEADING, “HAVE MERCY ON ME, O LORD, SON OF DAVID! FOR MY DAUGHTER IS POSSESSED BY A DEMON THAT TORMENTS HER SEVERELY.” 23 BUT JESUS GAVE HER NO REPLY, NOT EVEN A WORD. THEN HIS DISCIPLES URGED HIM TO SEND HER AWAY. “TELL HER TO GO AWAY,” THEY SAID. “SHE IS BOTHERING US WITH ALL HER BEGGING.” 24 THEN JESUS SAID TO THE WOMAN, “I WAS SENT ONLY TO HELP GOD’S LOST SHEEP—THE PEOPLE OF ISRAEL.” 25 BUT SHE CAME AND WORSHIPED HIM, PLEADING AGAIN, “LORD, HELP ME!” 26 JESUS RESPONDED, “IT ISN’T RIGHT TO TAKE FOOD FROM THE CHILDREN AND THROW IT TO THE DOGS.” 27 SHE REPLIED, “THAT’S TRUE, LORD, BUT EVEN DOGS ARE ALLOWED TO EAT THE SCRAPS THAT FALL BENEATH THEIR MASTERS’ TABLE.” 28 “DEAR WOMAN,” JESUS SAID TO HER, “YOUR FAITH IS GREAT. YOUR REQUEST IS GRANTED.” AND HER DAUGHTER WAS INSTANTLY HEALED.

- Romans 5: 3-4 3 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. 4 And endurance develops strength of character, and character strengthens our confident hope of salvation.
- James 1:2-4 2 Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. 3 For you know that when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.
- Proverbs 6: 6-11 Take a lesson from the ants, you lazybones. Learn from their ways and become wise!7 Though they have no prince or governor or ruler to make them work,8 they labor hard all summer, gathering food for the winter.9 But you, lazybones, how long will you sleep? When will you wake up?10 A little extra sleep, a little more slumber, a little folding of the hands to rest—11 then poverty will pounce on you like a bandit; scarcity will attack you like an armed robber.
- Proverbs 18: 10 The name of the Lord is a strong fortress; the godly run to him and are safe.
- Proverbs 24:5 The wise are mightier than the strong, and those with knowledge grow stronger and stronger.
- Proverbs 24:10 If you fail under pressure, your strength is too small.
- Proverbs 30:24-26 24 There are four things on earth that are small but unusually wise:25 Ants—they aren't strong, but they store up food all summer.26 Hyraxes—they aren't powerful, but they make their homes among the rocks.
- Ecclesiastes 10:10 Using a dull ax requires great strength, so sharpen the blade. That is the value of wisdom. it helps you succeed.
- Ecclesiastes 10:15 Fools are so exhausted by a little work that they cannot even find their way home.

### SIDENOTE: PROVERBS 31:25-27

SHE IS CLOTHED WITH STRENGTH AND DIGNITY,  
AND SHE LAUGHS WITHOUT FEAR OF THE FUTURE.

26 WHEN SHE SPEAKS, HER WORDS ARE WISE,  
AND SHE GIVES INSTRUCTIONS WITH KINDNESS.

27 SHE CAREFULLY WATCHES EVERYTHING IN HER HOUSEHOLD  
AND SUFFERS NOTHING FROM LAZINESS.

### Questions of Discussion & Reflection: Endurance & Weariness

1. *What have I endured in a specific area of my life that has helped me to get to a place of discipline?*
2. *What has hindered my endurance? What has caused me to be weary or exhausted?*

### MY NOTES

## 3. FOCUS & IMPERFECTIONS

Hebrews 12:2 states “ 2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne. 3 Think of all the hostility he endured from sinful people; then you won’t become weary and give up. 4 After all, you have not yet given your lives in your struggle against sin.”

When a believer “keeps their eyes” on Jesus this is the strategy that leads them to a life of discipline. Jesus is the one who *initiates* and *perfects* our faith. Jesus said some very specific things in terms of how our relationship with Him should proceed forward. His death, burial and resurrection qualify the believer for eternal life.



- ❑ John 15:5 “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. 6 Anyone who does not remain in me is thrown away like a useless branch and withers.
  
- ❑ Hebrews 9:11-12 So Christ has now become the High Priest over all the good things that have come. He has entered that greater, more perfect Tabernacle in heaven, which was not made by human hands and is not part of this created world. 12 With his own blood—not the blood of goats and calves—he entered the Most Holy Place once for all time and secured our redemption forever.

### Questions of Reflection: Focus & Imperfections

- 1) *Has your focus been on Jesus and do you believe He is your Champion to show you the process to discipline?*
- 2) *If Christ is perfecting us, what imperfections have you noticed about yourself? Are there any “habits of the heart” that you consider “imperfections”.*
- 3) *What sinful people have you had to endure that has caused you weariness? Is there anything that can be done to remove yourself from “sinful people” or the influence of those who are causing you weariness?*

#### SIDENOTE: PROVERBS 5:3-6

FOR THE LIPS OF AN IMMORAL WOMAN ARE AS SWEET AS HONEY,  
AND HER MOUTH IS SMOOTHER THAN OIL.  
4 BUT IN THE END SHE IS AS BITTER AS POISON,  
AS DANGEROUS AS A DOUBLE-EDGED SWORD.  
5 HER FEET GO DOWN TO DEATH;  
HER STEPS LEAD STRAIGHT TO THE GRAVE.  
6 FOR SHE CARES NOTHING ABOUT THE PATH TO LIFE.  
SHE STAGGERS DOWN A CROOKED TRAIL AND DOESN'T REALIZE IT.

#### MY NOTES

#### 4. ENCOURAGEMENT & SHAME

Hebrews 12: 5 And have you forgotten the encouraging words God spoke to you as his children? He said, "My child, do not make light of the Lord's discipline, and do not give up when he corrects you. 6 For the Lord disciplines those he loves, and he punishes each one he accepts as his child."

Be encouraged! We are children of God. God speaks to us as His children. We stay encouraged because we have a Heavenly Father, and He disciplines us for our own good. Our role is to NOT make light of His discipline and cast it off as if His discipline is nothing to us. Giving up and forsaking the faith is not our conduct and we must understand there will be times when we are corrected. Discipline is a form of love. Everyone needs godly punishment at some point or another and the result of that is His acceptance.

- ☐ *Proverbs 1:7 Fear of the Lord is the foundation of true knowledge, but fools despise wisdom and discipline.*
- ☐ *Proverbs 3:11-12 11 My child, don't reject the Lord's discipline, and don't be upset when he corrects you.12 For the Lord corrects those he loves, just as a father corrects a child in whom he delights.*
- ☐ *Proverbs 12:1 To learn, you must love discipline; it is stupid to hate correction.*
- ☐ *Proverbs 15:9-11, 31-33 Whoever abandons the right path will be severely disciplined; whoever hates correction will die.11 Even Death and Destruction hold no secrets from the Lord. How much more does he know the human heart! 31 If you listen to constructive criticism, you will be at home among the wise.*
- ☐ *32 If you reject discipline, you only harm yourself; but if you listen to correction, you grow in understanding.33 Fear of the Lord teaches wisdom; humility precedes honor.*

## Questions of Reflection: Encouragement & Shame

1. *What do you need to be encouraged? Is there any area of life where the Lord disciplined you and corrected you?*
2. *How can a woman “despise the shame” in her life and still pursue discipline?*
3. *Have you ever felt like giving up after the Lord corrected you about something?*
4. *How have you discerned the Lord’s acceptance versus the rejection of others in your life?*
5. *What impact can punishment have upon a person and how do we know we are still accepted by the Lord after a season of correction or difficulty?*

### SIDENOTE: JOHN 4:15-17, 25-30

15 “PLEASE, SIR,” THE WOMAN SAID, “GIVE ME THIS WATER! THEN I’LL NEVER BE THIRSTY AGAIN, AND I WON’T HAVE TO COME HERE TO GET WATER.” 16 “GO AND GET YOUR HUSBAND,” JESUS TOLD HER. 17 “I DON’T HAVE A HUSBAND,” THE WOMAN REPLIED. JESUS SAID, “YOU’RE RIGHT! YOU DON’T HAVE A HUSBAND— 18 FOR YOU HAVE HAD FIVE HUSBANDS, AND YOU AREN’T EVEN MARRIED TO THE MAN YOU’RE LIVING WITH NOW. YOU CERTAINLY SPOKE THE TRUTH!” [...] 25 THE WOMAN SAID, “I KNOW THE MESSIAH IS COMING—THE ONE WHO IS CALLED CHRIST. WHEN HE COMES, HE WILL EXPLAIN EVERYTHING TO US.” 26 THEN JESUS TOLD HER, “I AM THE MESSIAH!” 27 JUST THEN HIS DISCIPLES CAME BACK. THEY WERE SHOCKED TO FIND HIM TALKING TO A WOMAN, BUT NONE OF THEM HAD THE NERVE TO ASK, “WHAT DO YOU WANT WITH HER?” OR “WHY ARE YOU TALKING TO HER?” 28 THE WOMAN LEFT HER WATER JAR BESIDE THE WELL AND RAN BACK TO THE VILLAGE, TELLING EVERYONE, 29 “COME AND SEE A MAN WHO TOLD ME EVERYTHING I EVER DID! COULD HE POSSIBLY BE THE MESSIAH?” 30 SO THE PEOPLE CAME STREAMING FROM THE VILLAGE TO SEE HIM.

### MY NOTES

## 5. DISCIPLINE & ILLEGITIMATE

### Hebrews 12:7-13

7 As you endure this divine discipline, remember that God is treating you as his own children. Who ever heard of a child who is never disciplined by its father? 8 If God does not discipline you as he does all his children, it means that you are illegitimate and are not really his children at all. 9 Since we respected

our earthly fathers who disciplined us, shouldn't we submit even more to the discipline of the Father of our spirits, and live forever?

10 For our earthly fathers disciplined us for a few years, doing the best they knew how. But God's discipline is always good for us, so that we might share in his holiness. 11 No discipline is enjoyable while it is happening—it is painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.

12 So take a new grip with your tired hands and strengthen your weak knees. 13 Mark out a straight path for your feet so that those who are weak, and lame will not fall but become strong.

We are children of God and there are times when we need to be parented by our Heavenly Father. Our earthly fathers may have taught us well in the disciplines of the Word of God and other areas of life or they did not teach us anything. Yet, God is the Father, and he will discipline us in areas of life where we receive the maximum benefit to meet our needs and the needs of others.

### Questions of Reflection: Discipline & Illegitimate

1. *What was the best disciplinary advice in terms of how you were parented?*
2. *Is there any area where you want to grow in a discipline, and you never took the opportunity because you were never trained to do so? Where there any concerns in your life that made you feel or think it was an illegitimate process?*
3. *What are the hardships of discipline because "no discipline is enjoyable while it is happening—it is painful".*
4. *How can you take a new grip in life? How are you going to mark out a straight path for your feet so you can become strong?*

#### SIDENOTE: JOHN 8: 9-12

15 "PLEASE, SIR," THE WOMAN SAID, "GIVE ME THIS WATER! THEN I'LL NEVER BE THIRSTY AGAIN, AND I WON'T HAVE TO COME HERE TO GET WATER." 16 "GO AND GET YOUR HUSBAND," JESUS TOLD HER. 17 "I DON'T HAVE A HUSBAND," THE WOMAN REPLIED. JESUS SAID, "YOU'RE RIGHT! YOU DON'T HAVE A HUSBAND— 18 FOR YOU HAVE HAD FIVE HUSBANDS, AND YOU AREN'T EVEN MARRIED TO THE MAN YOU'RE LIVING WITH NOW. YOU CERTAINLY SPOKE THE TRUTH!" [...] 25 THE WOMAN SAID, "I KNOW THE MESSIAH IS COMING—THE ONE WHO IS CALLED CHRIST. WHEN HE COMES, HE WILL EXPLAIN EVERYTHING TO US." 26 THEN JESUS TOLD HER, "I AM THE MESSIAH!" 27 JUST THEN HIS DISCIPLES CAME BACK. THEY WERE SHOCKED TO FIND HIM TALKING TO A WOMAN, BUT NONE OF THEM HAD THE NERVE TO ASK, "WHAT DO YOU WANT WITH HER?" OR "WHY ARE YOU TALKING TO HER?" 28 THE WOMAN LEFT HER WATER JAR BESIDE THE WELL AND RAN BACK TO THE VILLAGE, TELLING EVERYONE, 29 "COME AND SEE A MAN WHO TOLD ME EVERYTHING I EVER DID! COULD HE POSSIBLY BE THE MESSIAH?" 30 SO THE PEOPLE CAME STREAMING FROM THE VILLAGE TO SEE HIM.

## MY NOTES