



Speak the Word Church
International
Women's Bible Study
June 4th 2021 6:30-8:00pm
Online

HABITS OF THE HEART: EMBRACING GODLY DISCIPLINE PART 3

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.

PART 1 CHANGING HABITS

Review:

List the areas where discipline should be applied:

1.
2.
3.
4.
5.

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

Scriptures:

- ✓ **Proverbs 10:17** People who accept discipline are on the pathway to life, but those who ignore correction will go astray.
- ✓ **Proverbs 12:1** To learn, you must love discipline; it is stupid to hate correction.
- ✓ **Romans 12:2** 12 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

1. How do these scriptures relate to your life? Are they applicable to your habits?
2. How are you renewing your mind? Are there any positive habits in your life where you chose not to conform to the world? Are there any negative habits in your life where you chose to conform to the world? What steps have you taken to renew your mind regarding a habit in your life?

SIDENOTE: How can a woman have a change in her life that totally transforms her experience? This happens when she makes a choice to change her mindset from the Word of God. There must be an exchange from negative to positive. Habits will change when your mindset changes. Are you willing to change to living a more disciplined life? Are you willing to change how you think to form a new habit?

PART 2 THE DISCIPLINE OF THE LORD

Proverbs 3-10-12

11 My son, do not despise the chastening of the Lord, nor detest His correction; 12 For whom the Lord loves He corrects, just as a father the son in whom he delights.

Proverbs 9:7-9

Do not correct a scoffer, lest he hate you; Rebuke a wise man, and he will love you. 9 Give instruction to a wise man, and he will be still wiser; Teach a just man, and he will increase in learning.

Proverbs 15:9-11

Harsh discipline is for him who forsakes the way, and he who hates correction will die.

SIDENOTE: We must be able to accept the discipline of the Lord in our lives and apply it. How can discipline come into our lives? If we have the Holy Spirit living on the inside of us, we have access to the help that he has to offer. The Holy Spirit is our Helper.

John 14

16 And I will ask the Father, and He will give you another Helper (Comforter, Advocate, Intercessor— Counselor, Strengthener, Standby), to be with you forever— 17 the Spirit of Truth, whom the world cannot receive [and take to its heart] because it does not see Him or know Him, but you know Him because He (the Holy Spirit) remains with you continually and will be in you.

18 “I will not leave you as orphans [comfortless, bereaved, and helpless]; I will come [back] to you

SIDENOTE: *In addition, we should follow the instructions of the Lord from the Bible and learn what is right and what is wrong. Our role is to align ourselves with his truth. We should make sure we are correcting our negative habits and growing in our positive habits so our lives can produce fruit. There are times when the Lord will send his servants to minister to us when we need to make life changes that transform the negative habits and cause growth for our positive habits.*

PART 3 THE HABITS BIBLICAL OF A WOMAN

2 KINGS 4 ELISHA AND THE WIDOW'S OIL

4 A certain woman of the wives of the sons of the prophets cried out to Elisha, saying, "Your servant my husband is dead, and you know that your servant feared the Lord. And the creditor is coming to take my two sons to be his slaves."

2 So Elisha said to her, "What shall I do for you? Tell me, what do you have in the house?" And she said, "Your maidservant has nothing in the house but a jar of oil."

3 Then he said, "Go, borrow vessels from everywhere, from all your neighbors—empty vessels; do not gather just a few. 4 And when you have come in, you shall shut the door behind you and your sons; then pour it into all those vessels and set aside the full ones."

5 So she went from him and shut the door behind her and her sons, who brought the vessels to her; and she poured it out. 6 Now it came to pass, when the vessels were full, that she said to her son, "Bring me another vessel."

And he said to her, "There is not another vessel." So the oil ceased. 7 Then she came and told the man of God. And he said, "Go, sell the oil and pay your debt; and you and your sons live on the rest."

1. What is happening in this woman's life? What are her problems?

☐☐☐

2. What are the habits of this woman?

Definition of a habit: *A settled tendency or usual manner of behavior, it is a manner of conducting oneself, the prevailing disposition or character of a person's thoughts and feelings. It is your mental makeup.*

3. What was the significance of Elisha's question "What shall I do for you?" and "What do you have in your house?" How does this relate to her habits and discipline?
4. What did her reply indicate about her habits? She said, "Your maidservant has nothing in her house but a jar of oil". What does this reply indicate about her discipline, habits, and overall lifestyle?

SIDENOTE: *Elisha gave her some specific instructions that helped her to find the discipline that she needed immediately, and she was required to adjust her life during a negative situation. Hebrews 12:11-13 11 For the time being no discipline brings joy but seems sad and painful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness [right standing with God and a lifestyle and attitude that seeks conformity to God's will and purpose]. 12 So then, strengthen hands that are weak and knees that tremble. 13 Cut through and make smooth, straight paths for your feet [that are safe and go in the right direction], so that the leg which is lame may not be put out of joint, but rather may be healed.*

Let us see how the instructions helped her to change her mind set about habits:

- 1. Go and borrow vessels from everywhere, from all your neighbors.** What does this mean and how can this be applied to habits and discipline?
- 2. And when you have come in, you shall shut the door behind you and your sons; then pour it into all those vessels and set aside the full ones.** What does this mean and how can this be applied to habits and discipline?
- 3. Bring me another vessel.** What does this mean and how can this be applied to habits and discipline?
- 4. So the oil ceased.** What does this mean and how can this be applied to habits and discipline?
- 5. Then she came and told the man of God. And he said, "Go, sell the oil and pay your debt; and you and your sons live on the rest."** What does this mean and how can this be applied to habits and discipline?

The Story of Ruth

Ruth 1:16-22

16 But Ruth said, "Do not urge me to leave you or to turn back from following you; for where you go, I will go, and where you lodge, I will lodge. Your people will be my people, and your God, my God. 17 Where you die, I will die, and there I will be buried. May the Lord do the same to me [as He has done to you], and more also, if anything but death separates me from you." 18 When Naomi saw that Ruth was determined to go with her, she said nothing more. 19 So the two of them went on until they came to Bethlehem. And when they arrived in Bethlehem, the whole city was stirred because of them, and the women asked, "Is this Naomi?" 20 She said to them, "Do not call me Naomi (sweetness); call me Mara (bitter), for the Almighty has caused me great grief and bitterness. 21 I left full [with a husband and two sons], but the Lord has brought me back empty. Why call me Naomi, since the Lord has testified against me and the Almighty has afflicted me?" 22 So Naomi returned from the country of Moab, and with her Ruth the Moabitess, her daughter-in-law. And they arrived in Bethlehem at the beginning of the barley harvest.

SIDENOTE: We can see that Naomi and Ruth are in a negative situation and we know that regardless of the occurrences in our lives, there are habits that will arise and demonstrate who is disciplined and who is not.

1. What are the habits of Ruth? What are the habits of Naomi?

Ruth 2:1-10

2 Now Naomi had a relative of her husband, a man of great wealth and influence, from the family of Elimelech, whose name was Boaz. 2 And Ruth the Moabitess said to Naomi, "Please let me go to the field and glean among the ears of grain after one [of the reapers] in whose sight I may find favor." Naomi said to her, "Go, my daughter." 3 So Ruth went and picked up the leftover grain in a field after the reapers; and she happened to stop at the plot of land belonging to Boaz, who was of the family of Elimelech. 4 It was then that Boaz came back from Bethlehem and said to the reapers, "The Lord be with you!" And they answered him, "The Lord bless you!" 5 Then Boaz said to his servant who was in charge of the reapers, "Whose young woman is this?" 6 The servant in charge of the reapers answered, "She is the young Moabite woman who came back with Naomi from the country of Moab. 7 And she said, 'Please let me glean and gather after the reapers among the sheaves.' So, she came and has continued [gathering grain] from early morning until now, except when she sat [resting] for a little while in the [field] house." 8 Then Boaz said to Ruth, "Listen carefully, my daughter. Do not go to glean in another field or leave this one but stay here close by my maids. 9 Watch which field they reap and follow behind them. I have commanded the servants not to touch you. And when you are thirsty, go to the [water] jars and drink from what the servants draw

[...] 17 So she gleaned in the field until evening. Then she beat out what she had gleaned, and it was about an ephah of barley. 18 She picked it up and went into the city, and her mother-in-law saw what she had gleaned. Ruth also took out and gave to Naomi what she had saved after she [had eaten and] was satisfied. 19 Her mother-in-law said to her, "Where did you glean today? Where did you work? Blessed be the man who took notice of you." So she told her mother-in-law with whom she had worked and said, "The name of the man with whom I worked today is Boaz."

2. Identify the habits Ruth demonstrated and how she was disciplined regardless of what happened in her life:

- 1.
- 2.
- 3.
- 4.

Ruth 3:1-4

3 Then Naomi her mother-in-law said to Ruth, "My daughter, shall I not look for security and a home for you, so that it may be well with you? 2 Now Boaz, with whose maids you were [working], is he not our relative? See now, he is winnowing barley at the threshing floor tonight. 3 So wash and anoint yourself [with olive oil], then put on your [best] clothes, and go down to the threshing floor; but stay out of the man's sight until he has finished eating and drinking. 4 When he lies down, notice the place where he is lying, and go and uncover his feet and lie down. Then he will tell you what to do." 5 Ruth answered her, "I will do everything that you say."

3. How did Ruth's relationship with Naomi impact her habits? What were the steps that Ruth took to secure her future?

4. What new experience and habits did she have to embrace in her new situation, her new job, her new country and pursuing a new relationship towards Boaz?

5. Let us look at Naomi's instructions to Ruth and what we can learn from them:

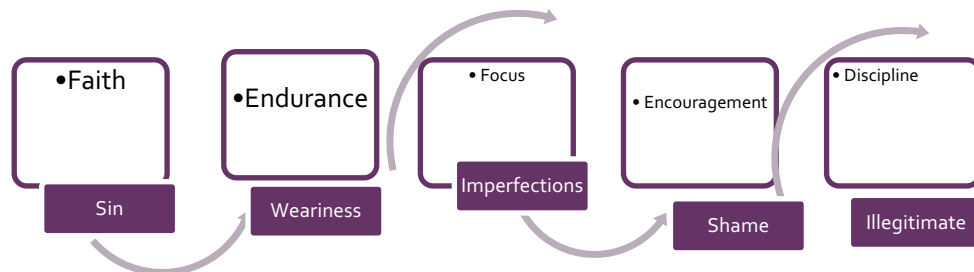
1. **So wash and anoint yourself [with olive oil], then put on your [best] clothes.** What was she telling Ruth? How does this relate to women's faith and spirituality in terms of embracing new habits?
2. **Go down to the threshing floor; but stay out of the man's sight until he has finished eating and drinking.** How does this relate women's experiences in relationships? What does this indicate to us about trying new things and going new places?
3. **When he lies down, notice the place where he is lying, and go and uncover his feet and lie down. Then he will tell you what to do.** What is the significance of this instruction? How will this flow with or against her current habits?
4. **Ruth answered her, "I will do everything that you say."** What is the importance of Ruth verbally stating that she would obey Naomi's instructions back to her?

Ruth 4:9

9 Then Boaz said to the elders and to all the people, “You are witnesses this day that I have bought everything that was Elimelech’s and everything that was Chilion’s and Mahlon’s from the hand of Naomi. 10 I have also acquired Ruth the Moabitess, the widow of Mahlon, to be my wife to restore the name of the deceased to his inheritance, so that the name of the deceased will not be cut off from his brothers or from the gate of his birthplace. You are witnesses today.

Look at the outcome of her faith and practical habits. She followed instructions and it brought her to a new place.

FINAL REVIEW: HEBREWS 12



1. Where is your faith in relation to your habits and the discipline in your life?
2. What have you learned the most in this process?
3. What needs to change, or have you made steps to change?
4. What have you learned the most in this process?

MY NOTES: