

Chapter 1 : The Value of Discipline | Business Help and Success Tips from John Spence

There is value of discipline in all walks of life. Whether at school or at home, in the office or in the factory, in the playground or in the battlefield, discipline is a necessity.

Important of Discipline in Life Discipline is learnt in the school of adversity. Gandhi Discipline, according to the dictionary, means the training of the mind and character of a person to observe self-control of habits of obedience to the superiors, seniors or to the established authority. Man is born free. Is discipline absolutely necessary? In order to find an answer to these questions we have to look at the natural scheme of things around ourselves. The entire cosmos, all the heavenly bodies and all the natural objects, seem to be acting, moving or existing under a discipline of their own. The plants and crops grow in a disciplined way ; the various organs of our body co-operate with one another ; the food we take has to be taken in a disciplined way. Life of animals is also a model of disciplined living. This ants move in straight lines with a single-minded attention; the bees work as a team ; the animals in the forest have their own organized way of life. Discipline, therefore, is a basic necessity of life. The proper growth of life is impossible if there is no discipline in it. Discipline is necessary in every sphere of life. It is necessary in schools and colleges. Students should be respectful to their teachers. This surely helps in the progress of a school or a college. Discipline makes life harmonious and useful. Discipline is necessary for social and national life. It includes mutual help and co-operation. We should not hate discipline thinking that it puts some curbs on liberty. It is a wrong idea. Every citizen must learn to control himself. Discipline is important both in games and studies. We need discipline both in the class-room and at the playground. At the playground, the player must obey the rules of the game. He must obey the referee. Discipline should be self-imposed. It should come from within. Self-discipline is necessary for health and for progress in life. By observing discipline, we can make our lives bright. One should observe discipline even in small things of life. Punctuality is a form of discipline. Good manners are also a mark of discipline. The habit of discipline always makes up happy. It strengthens the nation. Nowhere is discipline more necessary than in the army. Here a little indiscipline may mean defeat and death. A soldier must obey his commander. This point has been forcefully put across by a poet who said: A team or an army which is strongly disciplined is sure to achieve victory. In short, discipline is the be-all and end-all of life. It is a key to success in all spheres of life. It gives all power to individuals, groups and nations. Its value should never be under-estimated.

Chapter 2 : Speech on Value of Discipline in student life in easy words

The Value of Discipline Discipline is the process of training oneself in obedience, self control, skill, etc. The controlled, ordered behaviour results from such training.

After reading you will understand the basics of this powerful strategy tool. What are Value Disciplines? In Value Disciplines Michael Treacy and Fred Wiersema make the assumption that an organization will always excel in that which it is good at. Rules of procedure In order to take up a good value position, Michael Treacy and Fred Wiersema mention four rules of procedure an organization has to observe: Try to be the best by excelling in one of the value disciplines. Maintain threshold standards on other value disciplines. Control the market by improving value year after year. Support the value discipline you have opted for by delivering a well-chosen operating organizational model. Three types of Value Disciplines When these rules have been complied with, Michael Treacy and Fred Wiersema distinguish three value disciplines. Operational Excellence An organization that focuses on cost leadership will always aim at providing its customers with high quality products or services at competitive prices and ease of purchase. The organization focuses internally on the streamlining of processes. Making as few errors as possible, minimizing superfluous service, standardizing and increasing economies of scale are part of this procedure. Examples of such organizations are: Customer Intimacy The organization feels that its customers are the most important aspect of its organization. Obtaining a once-only large transaction is subordinate to creating a long-lasting intimacy bond. They strive to create a continuous stream of innovation that is in demand with both loyal and new buyers. This organization has a flexible structure and stimulates the performance and creativity of its employees. Examples of leading companies are: Do you recognize the practical explanation or do you have more suggestions? What are your success factors for following a type of Value Disciplines? Share your experience and knowledge in the comments box below. If you liked this article, then please subscribe to our Free Newsletter for the latest posts on Management models and methods. More information Wiersema, F. The New Market Leaders: The discipline of market leaders: Choose your customers, narrow your focus, dominate your market. Customer intimacy and other value disciplines. Harvard Business Review , 71 1 84â€” How to cite this article: Retrieved [insert date] from ToolsHero: Your rating is more than welcome or share this article via Social media!

Chapter 3 : Short Paragraph on the Value of Discipline

Discipline is valuable not only in the life of an individual but also it should be a motto to all of us. Student Life: It is a vital necessity mainly in academic life and also in the student life.

Nevertheless, for a Christian, discipline is an inseparable aspect of who we are. In fact, the entire word "Christian" is simply another word for "disciple" Acts So discipline and being a disciple or Christian go hand in hand. To be a Christian, you must be disciplined. But the question is how, and in what ways? There are tons of different disciplines practiced throughout the world, throughout history, reflecting the values of the various religions, races, and cultures that have made up society. Many of these disciplines are good, but they are not all equal in value and importance. Without the proper relationship with God, everything else that we have or do is quintessentially meaningless, ultimately. So in prioritizing how to discipline our lives to make us more effective for God, we have to start with the spiritual stuff. And so that is what we will do here in this study. In the 6th chapter of Matthew, Jesus cites three different things that we can do to deepen our relationship with God. If we slack off in any one of these areas i. The choice, initiative, and wherewithal lies entirely with us, and is the truest testament of our personal faith and sincerity or lack thereof. Critically examining our progress in this secret area of personal discipline will help to ensure that we maintain that vital link with God, which only God and we can ever truly have the full story on. Other additional disciplines that can greatly strengthen our spiritual walk include things like reading the Bible, or other inspirational writings e. Nevertheless, if we are faithful about keeping up with any and all of these little spiritual disciplines, then we can be confident that the resulting fruit in our lives will be positive, equipping us to "fight the good fight of faith", for Jesus. How many meals have I missed in the past week? How much time did I spend in private prayer with God? How much money, or in what way, did I give to help the poor? Obviously, these are just guideline questions; but the important thing is to try to keep account which is the root word for "accountability", I might add. This is the first step to true spiritual growth. God is Love, and while the giving and receiving of this love may start with just God and us, it must soon be passed on to others, if it is to remain in our lives. Below I will share a few practical disciplines for the goal of helping us to better love and relate to other people. The first discipline I would like to write about has to do with service. So contrary to what society would have us believe, the true position and place that we should be striving to obtain for any true Christian, that is , is that of a servant, and even slave! The truth is that we are all so focused on the ultimately selfish, "cuddly" aspects of relationships e. Jesus gave us several commands to help us love more effectively, the spirit of which is extremely important for us to internalize as Christians. One such discipline is the practice of giving TWICE as much as we are asked, when we are asked for help. Opening up to at least one other person in this fashion, regularly, can work wonders for both our spiritual and emotional health, and is also one of the greatest combatants to the feelings of loneliness that often challenges individuals trying to live single lives for Christ that is a different topic in itself. But single or not, the point is that we need to share deeply with other people, both for our own benefit, as well as for the benefit of the person with whom we share the experience. When this type of sharing includes confessions of faults, the Bible testifies that healing of some sort is bound to come from it. To help you measure your progress, you might want to ask yourself such questions as: How and in what ways have I served others this past week? When asked for something, did I give more than what was requested, just what was requested, or did I not give anything at all? How many people did I share deeply and meaningfully with over the past week, and how many faults because we all have them! Persistence with asking ourselves such questions should serve as a source of motivation to stay faithful with our own chosen inter-personal disciplines. The result should be better relationships with all that we come into contact with. Physical Discipline While our relationship with God and with others should be our highest priorities as far as focus, problems arise if we consistently neglect our own physical needs. Below are a few practical disciplines to help us with that goal in mind. Paul writes in the New Testament that bodily exercise profits little, while godliness is profitable for all things. No loop-hole for laziness from Paul! Each week, all healthy and able-bodied members go on a timed two-mile "phantom" race, which is a kind of competition of sorts, scaled using a

handicap system. Some also see the exercise as a sort of spiritual experience. By measuring and comparing our results, further progress can be achieved. Depending upon the intensity and frequency which one runs, remarkable results can become a reality in minimal time. But of course, running is not the only way to keep physically fit. Besides running, several members of our community enjoy doing other exercises, such as push-ups, as a way of keeping in shape. But other popular forms of exercise include swimming, biking, and hiking. The activity chosen is not so important, while progress and improvement within that activity is. Just remember to chart your progress, so that you can see where you are improving or regressing. Also, particularly relevant for older people is the need to generally accept the reality that looking after your health may also involve being realistic about how much to expect, and learning to accept that you will be getting, in some ways, worse and worse each day. But you can still slow down the deterioration through sensible exercise. Apart from exercise, there are a few other aspects of our health and well-being, which need to be taken into consideration, as well. One example would be the area of nutrition. While it is good to be "poor in spirit" with regard to what we eat, it is also important to exercise wisdom and self-discipline as far as what we choose to eat, while we have the luxury of choice. Simply going for what is easiest, or for what most greatly appeals to our "flesh", may bring us temporary pleasures in the short-term, but is sure to undermine our Christian service in the long-term, if left unchecked. Self-discipline in the area of nutrition is one of the easiest ways to ensure our long-term usability for the kingdom. To sum up, stay fit with regular exercise, keeping in mind that we do most enthusiastically and effectively what we enjoy. The more measurable the form of exercise, the better, as far as charting progress goes. Keep in mind the long-term while contemplating short-term nutritional choices, and stay faithful with regard to cleanliness and hygiene. How much exercise did I get last week? How does that compare with the previous week? Have I been mainly motivated by my "carnal desires" in choosing what to eat, or have I made such choices assuming you do have the luxury of choice on the basis of what will most effectively and affordably! Such questions should help to inspire us to be more disciplined with regard to our physical health, which should carry over into every other area of our lives. Mental Discipline Lastly, we come to address the final area of discipline for this article, which is mental discipline. We are commanded by Jesus to love God with all of our mind, in addition to all of our "heart", "soul", and "strength"; so that means no room for neglecting our mental abilities, if we are to truly serve God to the best of our ability! Below are a few practical disciplines to help progress along those lines. Within our community, one of the favorite and most competitive! Like with running mentioned earlier, members play on a handicap system, meaning that both participants have an equal chance of winning at the beginning regardless as to whether or not one is actually "better" than the other. But, of course, chess is not the only form of mental discipline available to those seeking to improve. In addition to chess, several members enjoy playing games like sudoku, or other brain-teasers, as a way of improving mentally. The game of choice is not so important, while intensity and focus are at least in terms of progress and improvement, that is. Pick one that most appeals to you, and then stick with it, charting your progress as you go along. No matter what that may mean in practical terms, the bottom line is that we can not afford to turn our brains off, if we are to be fully functioning Christians. Take time to improve your mental discipline, and you will be of better service to the kingdom as a result. Like a recent study on near death experiences has revealed, learning apart from loving seems to be the primary reason why we are created. Finally wherever possible seek to practice disciplines that combine more than one of the four areas mentioned above. For example, reading one of the prophetic books of the Bible. If you rotate disciplines, then you can be using different parts of your body, mind and spirit in a continual and sustainable way. Getting a good balance and being consistent with our chosen disciplines will help us to persevere in the long run in our spiritual walk. Check out these films, "Beyond Justice" a radical look at crime and punishment and "The Tyrant Within" featuring the microchip agenda and moneyless living.

Chapter 4 : Discipline Quotes (quotes)

In order to take up a good value position, Michael Treacy and Fred Wiersema mention four rules of procedure an organization has to observe: Rule no. 1: Try to be the best by excelling in one of the value disciplines. Rule no. 2: Maintain threshold standards on other value disciplines. Rule no. 3: Control the market by improving value year after year.

Discipline means training of the mind so as to make it accept willingly the control of rules or orders. In short, it is spontaneous obedience to superior authority. It is a valuable lesson to learn. The great nations of the world attained greatness by subjecting themselves to the most rigorous discipline. The ancient Hindus as well as the ancient Spartans insisted on the need of leading a life of restraint, even of self-denial. Self-indulgence is a natural temptation for all men. Our senses seek easy satisfaction. But if we give way to this craving, we will, in course of time, think of nothing but this. It is easier path, to lead life of pleasures like a bed of roses; but ultimately this leads to misery. Therefore, we must keep our passion under fullest check. We can do this in two ways,â€”first, we must accept a noble ideal. Man is greater than all animals because man is ready to sacrifice the pleasures of life for a noble cause. Secondly, we must accept the guidance of our respected leaders. To submit to the orders of this leader is no shame. At school we must submit to the order of the teacher; on the playground, of the captain, at home of our superiors. We should remember, â€” "He alone can command who knows how to obey". Discipline is equally necessary in our intellectual life. This intellect must function under the strict control, if it is to do any real work. For example, if a man is unable to fix his attention on any one topic till it is mastered, he will not learn anything. But the man who accepts discipline in the intellectual pursuits, he is sure to achieve "some work of noble note. The spiritual activity must be guided according to a system. Discipline is of supreme importance in the military lifeâ€”in the battlefield. The order of the commanding officer has to be obeyed, come what may. For the soldiers who march to the battlefield, the motto is "Theirs not to reason why; theirs not to make reply; theirs but to do and die. After all, to accept discipline is always to be on the road to success. It develops our higher virtues of higher nature. Self-control, obedience, single-minded devotion to duty, the capacity for self-sacrifice â€” these are the virtues fostered by a sense of discipline. Can there be anything higher than these? Discipline is not slavery. It may at first appear severely painful but will soon make one used to it. It has a higher object in view. True discipline lies in a conscious and spontaneous subordination of self to the achievement of some higher purpose. Hence, discipline must not be mechanical; for man is no machine. It cannot mean the negation of independent judgment. To accept discipline is by no means very pleasant. It means a surrender of personality that is irksome. It has an uplifting effect on character.

Chapter 5 : Essay: THE VALUE OF DISCIPLINE

DISCIPLINE is the focused attitude of self-control that drives the systematic and consistent application of blood, sweat and tears to get results. Discipline is the epitome of enduring, intrinsic motivation that overcomes the constant adversity that confronts us all on a daily basis.

So discipline leads to harmony or order whereas indiscipline leads to confusion or disorder. Discipline is the key-note of the worldly order. In other words, the universe rests on discipline. The planets do not collide with one another but move along their orbits according to rules there are flood tide and ebb-tide in the sea according to rules; bodies left unsupported fall to the ground according to rules;- the air blows, the river flows, the flower blooms, the fruits ripen and- fall all according to rules. If there were no observance of rules, the world would have been a veritable hell of chaos and confusion. If the mother did not look after the children, if the children did not obey their parents, if the people did not obey the laws of the country, the world would have been a melting pot. Discipline should be maintained in every walk of life. At home we are to observe discipline. We cannot rear up good children, if there is no discipline. A house, where there is no discipline, is just like a hell. So discipline should be enforced on children at home. They should be made to feel that discipline is a blessing and indiscipline is a curse, that the one leads to and prosperity whereas the other leads to unhappiness and disgrace. The home, in fact is the first place to teach the value of discipline. The discipline instilled into the character of the child at home is further improved in the educational institution Here everything takes place according to rules. The classes meet according to schedule, and according to schedule the students pass or fail according to rules; everything here rest on discipline. And punishment is given to those who go astray or are indiscipline. No life is worth living and is of any value which is not orderly and disciplined. Coming out of their educational institutions, they enter the world of practical life. Here the same discipline with greater rigor dominates all human activities. Those who obey rules and conduct their life accordingly are happy but those who violate are unhappy and suffer. It controls or physical movements and activities; it controls our morals and even or religion. There is no sphere in heaven and earth where discipline does not dominate.

Chapter 6 : words essay on the value of discipline

So discipline should be enforced on children at home. They should be made to feel that discipline is a blessing and indiscipline is a curse, that the one leads to and prosperity whereas the other leads to unhappiness and disgrace. The home, infect is the first place to teach the value of discipline.

Select Page Speech on Value of Discipline in Student Life Discipline is such an integral part of students lives that we cannot imagine our existence without it. We often talk about it when we become weary of living a disciplined life and wish to break free from it. Then, realization dawns on us and we travel back in time and start thinking about our school days when teacher used to teach us the importance of discipline in our lives. In fact, assignments are given to prepare an essay or a speech on discipline. So if you are also looking for ideas and are scratching your head for preparing an effective speech on Value of Discipline in Student Life, then we are here for you! Right from short speech on Value of Discipline in Student Life to long speech on Value of Discipline in Student Life you can find it all and use them for your assignment or as a reference point. Today, I am the representative of Class-X, Shikhwant Sharma, has come on stage to deliver a speech on discipline. There was a time when our school was awarded the best school for maintaining discipline in all streams in the entire region and now sadly the management is observing that our school is gradually losing out on its characteristic trait. Some students are frequently seen coming late to the school due to which other students are also coming under the sway. Not only this, but students have even started bunking classes; are growing inattentive towards their approaching exams and are also not performing well in their tests. They believe in making the environment congenial and adaptable for the students where they naturally feel inclined towards their learning and growth prospects. So let me tell you friends that this is the most precious time for all of us to lay a sound foundation of our academics. Secondly, that strong foundation can only be laid down by adopting a disciplined way of life and this discipline starts right from our school. Educational discipline involves a process of physical and mental conditioning of the human body and brain respectively. We all should know that discipline acts as bridge between our objectives and accomplishments. Discipline implies a willing submission to following a set of rules and regulations as imposed by the self for achieving personal goals or by the society to aid in the development of a cohesive nation-building exercise. Most of the time, discipline should be self taught rather than imposed by others because under such situation it becomes choking for an individual to survive. However, we must realize from within that discipline is for our own betterment and progress. As students, it becomes our foremost responsibility to live a disciplined life, i. Even though difficult to inculcate, but discipline is a must for our personal growth; then the progress of our institution and our country at large. Its absence may lead us to face failures and defeat. So as students we should first and foremost be punctual and be sincerely devoted to our studies. I feel extremely elated at the fact that our institute has successfully completed 5 years and since then my association with this place is going strong. I wish many more such years of continued success and growth and hope we continue to nurture the youth of our country with knowledge and right values. Today, as one of the senior faculty members of this institute, I am here to host this ceremony and deliver a succinct speech on discipline for all my students given the fact that it has become the need of the hour as in present times our youth is somewhat living an erratic lifestyle and are flouting rules and codes of behavior. We should always remember that time is money and if we will destroy time then time will destroy us! So discipline is required in every walk of life no matter we are a student or not. Discipline is the very essence of our lives and if we do away with it then certainly negative impact on our future prospects would follow. Though whiling away time will give you temporary pleasure, but in the end it will result in only a painful experience. It, therefore, becomes important to discipline our lives right from the beginning and make it a basis of conducting our lives. In fact, discipline is required not only at all stages of life, but in every sphere of life too. For instance, an army cannot imagine its existence without it and so enforces strict discipline in their department and divisions with zero toleration policy. An educational institute too cannot function without it; this is the reason why fixed hours are allocated to both the teachers and students and each one is made to follow the suite so that the rules and regulation of the institution are kept

intact. Likewise, in corporate, courts, auditoriums, including even the small private firms discipline has to be maintained in order to preserve the sanctity of the place. In hospitals, the visitors are allowed only at the designated hours beyond which no visitors are entertained. Even for a small thing as paying your electricity bill or the telephone bill or buying a movie ticket for that matter, you will have to stand in a queue and get your work done. When it comes to our personal lives, we cannot afford complete luxury and some sort of discipline has to be maintained for a stable and meaningful life. For instance, if you succumb to temptation and over eat things, your stomach will get upset. Similarly, if you watch television till late night, you will start feeling unwell the next morning. So in a nutshell, life is best enjoyed when discipline is observed. Nothing gives satisfaction in life when the very essence of living life is missing and our existence becomes mere animal-like. In the end, I would just request our students to not let anyone impose rules in your life; rather observe self-discipline, systematize yourself and reap the fruits of benefits out of it. Today, this special assembly is organized for the purpose of discussion about discipline among students. So, before I begin, I would like to explain you that what is discipline? These days, discipline among students is decreasing and it is a very problematic situation which needs to be solved. The reason for setting up rules and regulations in the school is to teach students about what is discipline and maintain discipline among them. In the early stage of a student when he starts from prep, this is the time where the teaching of discipline begins and parents play an important role in maintaining discipline in their child because a child only spends maximum eight hours in the school and rest of the time with his parents. It is very important to understand the importance of discipline in our lives. If we talk about maturity, self discipline is very important to learn. It helps us to govern and rule ourselves. This is the hardest task among all. Existence of a good school is only possible if there is discipline because it is the first purpose of sending children to school for parents. Just think that, if students can do whatever they want to do in their schools then it will become impossible for the teachers to teach. Many students miss their school without a justified reason or permission of their parents or teachers. I have got many complaints from students that they are not able to study in their class because of the disruption created by their classmates. This is because of the lack of discipline among students. This responsibility is not only of the school. It is the responsibility of parents, schools and government. There should be some measures taken by the government. There should be a penalty for unjustified short attendance holders. There should be strict rules in the school for proper behaviour. Many of the time, students are not able to explain their problems to anyone and thus they get frustrated and cause bad behaviour in them and teachers has the responsibility to understand the cause of the bad behaviour in the students and they should not neglect their responsibility. Thus, I just want to say that we all should understand the responsibility towards maintaining discipline among students and then only this problem would be solved. On this note, I would like to conclude my speech and I hope that from now onwards all of you will try to maintain discipline in your lives. Thank you and have a good day! As we all know that from today onwards the new session will start and there will be new classrooms, new students and of course new studies and I wish you all good luck for your new journeys. Before the regular day began, I would like to address some of the issues that were seen constantly during the whole last year and it needs a solution so that it would not happen this year. The problem is regarding the lack of discipline among students that projects a bad image in front of the outsiders and creates issues for teachers and other staff. It has become very necessary to teach students discipline strictly. First of all, education is all about learning discipline and gaining knowledge. Discipline is all about the respect and it means the respect towards rules and regulation or the respect towards a person. If there is no discipline then there will be no respect. In school principal, teachers and the whole staff deserve respect and when you are outside of the school then your neighbors and everyone else deserves respect. The first step to discipline is to learn to obey other people and rules and regulations of the place where you go. Discipline also means to behave in a good manner such as following the proper dress routine of the school daily because it is seemed many times that there are many students who does not wear school uniform properly and does not get their nails cut etc. All these problems are the cause of lack of discipline. The biggest problem that came out from the lack of discipline is truancy. Many children miss their school for no clear reason and without the permission of teachers. It is the responsibility of parents to make sure that their child is attending school regularly or not. Lack of attendance is

a sign of unorganized family or of their bad conditions. There should be some rules and regulations for the students who are lacking in attendance and a good behavior in the school. On an unjustified absence of the student in the school, the fine will be charged. Penalty should be charged for the bad behavior such as suspension etc. Punishments and penalty is not only the solution of this problem but it needs students to understand the value of discipline in their lives because it is the only thing that will help them to focus on their future goals. Without a proper disciplined life it is quite impossible to achieve success. Having fun with your friends and family is also important but it does not mean to neglect your responsibility towards school because in life, everything is important but discipline is must. On this note, I would like to conclude my speech and I wish you all a great day ahead!

Chapter 7 : The Value of a Penny - Rethinking Evangelism and Discipling the Nations!

While market leaders typically excel at one value discipline, a few maverick companies have gone further by mastering two. In doing so, they have resolved the inherent tensions between the.

We tend to think of punishment and hardship, of consequences and strict regimes. With a look at the book of Hebrews, this lesson focuses on the meaning of discipline, and the contrasts between the hardship of discipline and benefits of rewards in Christ. Life can be challenging and difficult, but by enduring hardship and remaining devoted to God, we can receive Heavenly rewards and eternal peace. No discipline seems pleasant at the time, but painful. Pre-k through sixth grade adaptable Materials Needed: Start out with a little obstacle course. This could be done outside or inside depending on spacing and materials used , but set up several elements for children to work through: Once everyone has done it, invite them to try it again, but this time without holding or wearing anything. Which way is easier? Obviously, running without things to hold you back or slow you down. Now, what if we wanted to further improve time on the obstacle course? What would we have to do in order to become more proficient? Explain that today we are going to talk about hard work, hardship, and holiness—consider, for starters, Olympic athletes. How do they become better? What do they have to do? If it was hard going through the obstacle course, imagine what these sports stars must do in order to train. This is not all fun. It takes dedication and discipline. The Bible often compares our work as Christians to this. Talk about the meaning of discipline. Consequences and negative punishments might be likely—hard work and structure are also parts of discipline—We are going to take a look at a Biblical version of this word. In the Bible, discipline is seen as a positive thing: For what children are not disciplined by their father? It would not be safe or healthy to let us do everything we want. And think about those athletes. It is not fun to do a whole bunch of push-ups or run a bunch of miles. Then why do it? Because the reward is better than the hardship. And that is the main clincher: It is a Heavenly reward—when we work to do what the Bible says and stay away from things we know are not healthy, we develop righteousness goodness , peace, and eventually Heavenly hope. Sometimes life is hard. Sometimes we do what God tells us and we still struggle. But He is with us. Even when we are going through challenges, He is there. Explain to kids that, in a way, our lives are sort of like that, as we navigate through what God would have for us. We have to be motivated. Athletes are motivated by audiences, glory, or winning. We have an audience as Christians, too, and the example of Jesus to look to: Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. It might be consistent prayer, verse memorization, or scripture study. If desired, fashion a necklace out of the medal with string. Close with prayer and thank God for loving us enough to discipline. Ask for endurance in understanding and accepting hard things in order to grow.

Chapter 8 : What does disciplining mean?

These disciplines are 1) Operational Excellence 2) Product Leadership and 3) Customer Intimacy. In this model the company is meant to choose one of these disciplines, and act upon on it both vigorously and consistently as their primary value principle.

Read it slowly and carefully – there is some genuine wisdom in the next few paragraphs! Cottringer Success in life involves the use of focused discipline in applying four key values: Responsibility, Patience, Truth and Balance. There is little doubt that successful living today requires us to hold these essential values in sharp focus. We can do this by adding a fifth value as a centerpiece – Discipline. Discipline is the epitome of enduring, intrinsic motivation that overcomes the constant adversity that confronts us all on a daily basis. Unfortunately we may have to figure out a way around a frustrating catch paradox here. In order to be able to exercise the right discipline to be successful, we have to first accept total responsibility for ourselves and our situation and exercise enough self restraint and patience to appreciate intermediate results in getting to where we want to be from the efforts we are able to make at the time. We also must be successful in discovering important truths that can help us reach our goals, as well as avoiding the natural inclination to get lopsided or out of balance, which just requires more discipline to correct. Taking advantage of the power of discipline is merely a matter of stopping your talk and starting your walk. The more you talk, the harder it is to walk. The first half of responsibility is to accept this harsh reality and not try to deny, avoid or run from it. Successful people confront and solve problems and survive a series of failures to get to the finish line before others. Not assuming responsibility – even in little ways – slows the race and moves the finish line further back. A good starting point in assuming responsibility is to notice the connection between what you are doing right now and the results you are getting. Admitting you are not really where you want to be is the first step of walking your talk. This should be easy, because very few of us are! In this sense Dr. Peck was right – we are all mentally ill to one degree or another. We seem to want all of our problems and worries to disappear instantly without exercising the needed discipline to deal with them or the patience to wait for results, wanting our rewards yesterday if not sooner. All worthwhile things are difficult to accomplish and take time. **TRUTH** One of the thinking errors that keeps people locked into a vicious circle of mental illness is the lack of dedication to seeking truth. Mentally ill people often believe everything but the truth. Even many mentally healthy people have very distorted perceptions of other people and untrue beliefs for which they are quite willing to get maimed or die. Success in life is based on finding and applying truths to get results in moving forward – to solving problems, removing obstacles and making progress. Truths are the operating and governing principles in living that stand the test of time. **BALANCE** When you are out of balance it is hard to see the wisdom of these other three values and you certainly have to exercise much more discipline to even get back to the starting blocks.

Chapter 9 : 7 Things I Value in Discipling Relationships - Erik Fish

The Value Disciplines model by Michael Treacy and Fred Wiersema describes three generic value theinnatdunvilla.com company must choose one of these value disciplines and act upon it consistently and vigorously.

Here are Seven things I value in Disciple making relationships: Love is not selfish or ego driven. Discipling relationships work when they are based on love. A discipling relationship is about a special kind of sacred influence and trust you gain with people – not control or blind submission. Head knowledge is important, but authentic relationship with Jesus is what produces a healthy heart and actions. These only happen when people personally experience Jesus. If you bring people toward Jesus, their life will change. He is the true changer of lives. Discipleship is guiding someone in that journey. When I was just out of college, I led a Buddhist student to Jesus. After he prayed to accept Jesus, a friend and I prayed for him to receive the power of the Holy Spirit. He fell down and started convulsing, screaming at the top of his lungs. We found out when he was a child, his parents had dedicated him to an idol in an attempt to heal him of a sickness. We led him in a prayer to break any tie he had with the evil spirit behind that idol that was influencing him. He began rejoicing and praising God in the Spirit. We baptized him in my bathtub late that night. He grew as a disciple of Jesus and within a couple years he went on to plant churches in a closed nation in SE Asia. This was a life-altering lesson that discipleship is not dependent on our human effort alone. People need to encounter the person and power of the Holy Spirit. Jesus was indiscriminating with His love, but He was highly discriminating with His time. Jesus prayed all night before specifically selecting who He wanted to become his first disciples. Jesus disciplined future disciple-makers. Similar in some ways to good parenting, the joy of making disciples is to watch them grow and surpass you. This is the kind of leadership that Jesus modeled for us. We should follow His example as we lead others. My goal is to help disciples get to a place of personal character and dependence on God so they can go make their own networks of discipling relationships. Discipleship is an act of service, of giving yourself away so others can succeed. In the West, we often separate Discipleship and Evangelism. In reality, evangelism is an invitation into the life of being a disciple. Discipleship is the act of teaching people to live massively influential lives that draw others to Jesus. Many times, one disciple can open up a whole new network of people who begin following Jesus together. But in the contexts where I focus most of my time it is. Gatherings of new disciples can happen in a house, a business, a college dorm room – wherever people do life together. One discipling relationship can be the beginning of a new church – and a multiplying movement for the gospel.