Dr. John Townsend

SOLUTIONS

S1007

Outline

Developing Discipline for Life

What is discipline? Discipline is the self-control we need to reach objectives. We may not enjoy it, and it may be difficult - but it is necessary. How do you get the discipline you need to reach your goals? First of all, you need to examine a myth about discipline that could actually be keeping you from getting the discipline you need. Join Dr. Townsend as he helps us understand how discipline is developed, and how we can get the discipline needed to make life work the way we want.

Small group discussion questions:

1) What area of your life would be improved by having more discipline?

2) Is there a particular area of your life that you are concerned about?

3) Which of the principles mentioned do you need more of to help you grow?