Be Self-Disciplined

Mark Roberts · Luke 9:23

INTRODUCTION

- Discipleship, following him, serving Jesus Christ, is done on an everyday basis. Daily we follow Jesus Christ.
- The essence of everyday discipleship is self-control. Christianity runs on self-discipline.
- You can learn self discipline. The secret to success isn't something beyond you.

1 Quit Excusing Eating the One Marshmallow

Hebrews 11:24–26

- You want to be more self-disciplined? Quit excusing eating the one marshmallow.
- By faith, Moses refused to be called the son of Pharaoh's daughter, choosing rather to be mistreated with the people of God than to enjoy the fleeting pleasures of sin.
- He considered the reproach of Christ greater than the treasures of Egypt, for he was looking to the reward.
- There is never an acceptable reason for eating the one marshmallow.
- What we need to say when we fail to be self-controlled is I failed, I sinned, I did wrong. I did not control myself, and I need to do better next time.

2 We Need a Plan

Proverbs 22:3; James 1:2–5

- We know in our everyday discipleship where we are weak.
- How are you preparing yourself to meet that moment when the devil puts that one marshmallow in front of you?
- The prudent man sees danger and hides himself. But the simple go on and suffer for it.
- If any of you lacks wisdom, let him ask of God, who gives generously to all without reproach.
- The wisdom here is the wisdom to deal with troubles and difficulties and trials when we are pushed for our faith.

3 Quit Staring at the One Marshmallow

Genesis 39:6–12

- When it comes to developing self-control, sometimes we are our own worst enemy. We obsess over sin. We long for sin. We stare at sin.
- How then can I do this great wickedness and sin against God?
- She spoke to Joseph day after day. Yet he would not listen to her to lie beside her or to be with her.
- He left his garment in her hand, fled, got out of the house.

- Stop going places where they're serving one marshmallow. Stop being around people who are pushing you to eat one marshmallow.
- Don't long for sin. Get away from it.

4 Thinking About Our Reward

Matthew 25:21

- The key to all of this is that we're thinking about our reward.
- Sometimes I think the problem that Christians have is that we just don't really believe there's going to be another marshmallow.
- Well done. Good and faithful servant. You have been faithful over a little, I will set you over much. Enter into the joy of your master.
- What you and I need to believe is not only will Jesus return, but that he is coming with the second marshmallow.
- We find the strength to say no when we have a powerful yes burning within us.

THE CHALLENGE

Is the yes of heaven burning in your life?

MY NOTES