



I CHOOSE – 3 OF 4
Discipline Over Regret
September 17, 2017

DISCIPLINE IS CHOOSING BETWEEN WHAT YOU WANT **NOW**
AND WHAT YOU WANT **MOST.**

¹⁵*I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate...*
¹⁸*I want to do what is right, but I can't. ¹⁹I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway...* ²⁴*Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?* ²⁵*Thank God! The answer is in Jesus Christ our Lord.*
--Romans 7:15, 18-19, 24-25 NLT

CHOOSING DISCIPLINE OVER REGRET

²⁴*Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! ²⁵All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.*
--1 Corinthians 9:24-25 NLT

1. WHAT DO YOU WANT MOST?

2. WHAT DO YOU NEED TO CHOOSE NOW TO ACHIEVE WHAT YOU WANT MOST?

²⁶*So I run with purpose in every step. I am not just shadowboxing.*
²⁷*I discipline my body like an athlete, training it to do what it should.*
--1 Corinthians 9:26-27 NLT