

## ★ *Virtue Reality Activity: Self-Discipline* ★

n. 1. training and control of one's conduct, usually for personal improvement 2. having purpose, having resolve.

"I was tempted to give up my Lenten practices. It took a lot of self-discipline for me to stick with my plan to grow spiritually."

How long do your New Year's Resolutions last? Lenten Resolutions? We cannot underestimate the value of self-discipline in our journey of discipleship—in our spiritual lives. Self-discipline helps us "stay with the program" of growing in our knowledge and love of the Lord, everyday.

### **Talk about self-discipline in your household.**

- ▶ How self-disciplined are we, especially about our personal and communal prayer life?
- ▶ When is it more difficult to be self-disciplined about our spiritual lives in our home?

### **Create a list of things your family believes about self-discipline. We believe that self-discipline...**

- ▶ Gives us the control we need to choose what is right?
- ▶ Brings a pattern and order to our lives?
- ▶ Means we take charge of our spiritual growth and are responsible for it?
- ▶ Means we don't put off taking care of our spiritual lives for some other time—we prioritize and follow through on what is most important?

### **Create a list of ways your family wants to practice self-discipline, such as...**

- ▶ Not reacting to situations—instead we want to think about things and how we want to respond
- ▶ Creating routines for ourselves, including for prayer and ways to grow closer to Jesus
- ▶ Putting limits on ourselves, especially those things that keep us from doing the more important things
- ▶ Following the rules of our Church that help us live as disciples of Christ

### **Talk about Jesus and self-discipline.**

- ▶ Do you think self-discipline was an important virtue for Jesus? Why or why not?
- ▶ How can Jesus, as a model of what it means to be self-disciplined, help us do the same?

### **Read more about self-discipline in the Bible.**

- ▶ Saint Paul admits that discipline can be hard. Read Hebrews 12:11.
- ▶ The first Christians devoted themselves to the apostles' teachings. Read Acts 2:40-41.
- ▶ The apostles struggle to stay awake with Jesus. Read Matthew 26:45-46.
- ▶ Jesus tells us to love our enemies, and to turn the other cheek. Read Luke 6:27-38.
- ▶ Jesus is tempted by the devil. Read Matthew 4:1-12.

### ***A Family Prayer for Self-Discipline***

Holy God, you are so good and gracious. You offer us your love, everyday. Sometimes it is hard, though, to be disciples of your Son, Jesus. There are so many distractions around us. We pray for self-discipline—to know, love and serve you. In Jesus' name, we pray. Amen.