

## VERSES

Hebrews 12:11; Proverbs 25:28;

1 Corinthians 9:27; Job 5:17; 2 Timothy 1:7

# FEBRUARY 2026

# SELF DISCIPLINE

Self discipline is not about willpower it is about self control empowered by the Holy Spirit. It's choosing to pray even when you don't feel like praying. It is about saying yes to God and saying no to sin through the help of the Holy Spirit. It also means choosing obedience and resisting temptation to follow Jesus faithfully. We make the choice but through God he gives us the power and strength. Without discipline our emotions control our decisions but with discipline the Holy Spirit guides our emotions. It makes our obedience to God possible. When our love for God is the motive, self discipline becomes a desire. It allows Him to shape us into who He created us to be with purpose.



## Why do we practice self discipline?

- To grow and strengthen our relationship with God
- To resist temptation and sin
- Prepare us for God's purpose
- Lead us to spiritual growth



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**For God did not  
give is a spirit of  
timidity, but a  
spirit of power, of  
love and of self  
discipline.**

**2 Timothy 1:7**