

**The difference between intention and action is movement.**

**Danger of inaction:**

**Loss perspective** Philippians 2:1-2  
How you think determines what you become.

**Worry** Philippians 4:6-7

**Complacency** Philippians 3:12-24

**How to change?**  
Romans 7:15,18-20,24-25; 1 Corinthians 9:24-25; 1 Corinthians 9:26-27

- **Choose to trust**
- **Follow Jesus (actions, attitude, heart)**
- **Daily recommit**

**When I daily follow Jesus I become unstoppable.**

**Discipline is choosing between what I want now and what I want most.**

## Talk it over

Turn a message into a conversation. Talking through the message during the week helps you turn what God is saying to you into action steps.

Where in life are you most lacking in discipline?

How has that affected you?

What's the one thing you want most?

What do you need to do now to have what you want most?

Read and discuss Romans 7:15-25 and 1 Corinthians 9:24-27.

What are some of your habits?

Which habits might you need to start?

What things might hinder you from being disciplined?

What do you need to do to address these distractions?

How could your one word, one thought, or one statement help you to become more disciplined?

Take your next steps to become more disciplined in your life by reading and talking over the following Bible passages this week.

**Day 1:** Romans 7:7-25

**Day 2:** 1 Corinthians 9:24-25

**Day 3:** 1 Corinthians 9:26-27

**Day 4:** Proverbs 25:28

**Day 5:** Galatians 5:22-23

**Day 6:** 2 Timothy 1:7

**Day 7:** Titus 2:11-14

## **Unstoppable**

Today I commit to take action.  
I will start by doing what I already know to do.  
I will daily renew my commitment and the focus of my life.  
I will put my trust in the Unstoppable Son of God.

Q: What do I want most?

Q: What do I need to do now to have what I want most?

