

## Warning: Personal Discipline Can Be Hazardous To Your Health

Selected Scriptures

### Series: Biblical Priorities - Part 4

**Review:** Biblical Priorities "Pop" Quiz

To what degree have you taken specific steps in the following areas?  
(1=None, 2=Little, 3=Started and doing okay, 4=Making good progress, 5=Vigorously pursuing)

- Objectives** Moving from **vague ideas** to **specific decisions** about the kind of person I want to become and what I want to accomplish.
  
- Priorities** **Ordering my life** in such a way that the **important** and **eternal** are not forfeited by the "pressing" and the "urgent."
  
- Schedule** Determining specifically **how** and **when** I will place the important and eternal in my **daily life**.
  
- Discipline** **Doing what needs to be done when it needs to be done** (i.e. choosing to habitually delay gratification of short-term pleasures in order to more fully enjoy long-term success).
  
- Accountability** **Enlisting** the support of those who love me to help me **keep my commitments** to God.

**Jesus' Warning #1** – In our pursuit of "seeking first" **His righteousness** there is the

Danger of \_\_\_\_\_.

## Matthew 5 – Overview

The reward and character  
of His true followers  
5:3-12

Salt and light – be worthy  
examples  
5:13-16

Relationship of this new  
teaching to law of Moses  
5:17-20

## True Righteousness (Matthew 5:20)

You have heard  
it said ...

But I say  
to you ...

External  
Doing  
Duty  
Performance  
Guilt  
Letter  
Head

Internal  
Being  
Devotion  
Relationship  
Grace  
Spirit  
Heart

## Application of Matthew 5:20 to ...

Murder – 5:21-26  
Adultery – 5:27-30  
Divorce – 5:31-32

Oaths – 5:33-37  
Retribution – 5:38-41  
Enemies – 5:43-48

**Summary** – Jesus condemns \_\_\_\_\_ righteousness (spiritual activities) when it **does not flow** from \_\_\_\_\_ relationship with God.

**Jesus' Warning #2** – In our pursuit of “seeking first” **His righteousness** there is also the Danger of \_\_\_\_\_.

### **Matthew 6:1-18**

- **Giving (v 1-4) – Key Issue = \_\_\_\_\_**
- **Prayer (v 5-8) – Key Issue = \_\_\_\_\_**
- **Fasting (v 16-18) – Key Issue = \_\_\_\_\_**

**Summary** – Spiritual Disciplines are \_\_\_\_\_ but become dangerous when they become a means to gain the \_\_\_\_\_ of men rather than deepen our \_\_\_\_\_ with God.

**Application - \_\_\_\_\_** is God's method of keeping out motives pure.

## Discussion Questions

1. In brief, summarize the two principles taught today with regard to discipline in our spiritual lives: The Principle of **Distortion** and **Deception**.
2. How is it that even our efforts at drawing near to God can sometimes be destructive to our relationship with God?
3. What aspect of this message hit "closest to home" with you? Why?
4. Discuss the **balance** needed with regard to our will and effort, God's grace, accountability and maintaining pure motives as they relate to "seeking first" His righteousness in your life right now?

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[www.lote.org](http://www.lote.org) 1-888-333-6003  
PO Box 80069 Atlanta, GA 30366