

**DISCIPLINE / SELF-DISCIPLINE**

**Defined:**

Dictionary: (Discipline): 1. a branch of knowledge or learning 2. a) training that develops self-control or orderliness and efficiency b) strict control to enforce obedience 3. the result of such training or control; orderly conduct, obedience, etc...

(Self-Discipline): the disciplining or controlling of oneself, one's actions, etc.

Eyres:

Physical, mental and financial self-discipline. Moderation in speaking, in eating, in exercising. The controlling and bridling of one's own appetites. Understanding the limits of body and mind. Avoiding the dangers of extreme, unbalanced viewpoints. The ability to balance self-discipline with spontaneity.

Self-discipline means many things: being able to motivate and manage yourself and your time, being able to control yourself and your temper... Self-discipline and moderation are two sides of the same coin. Self-discipline is pulling up and away from the laziness of doing too little. Moderation is pulling in and away from the excesses of trying to do or to have too much.

**Examples:**

1. In his book, Dare To Discipline, Dr. James Dobson says the following about discipline:

"The term "discipline" is not limited to the context of punishment... Children also need to be taught self-discipline and responsible behavior. They need assistance in learning how to face the challenge and obligations of living. They must learn the art of self-control. They should be equipped with the personal strength needed to meet the demands imposed on them by their school, peer group, and later adult responsibilities.... Children thrive best in an atmosphere of genuine love, (supported) by reasonable, consistent, discipline....Permissiveness has not just been a failure; it's been a disaster!"

2. Lou Holtz, the University of Notre Dame's head football coach says the following about discipline:

"Discipline is what you do **for** someone, not **to** someone."

- and "If you let people get by with doing less than their best, you're doing them a disservice."

**Types** of discipline/self-discipline:

1. Controlling one's language.
2. Controlling one's temper.
3. Completing one's chores around the house.
4. Abiding by rules at home.
5. Abiding by school rules.
6. Abiding by society's rules/laws.
7. Following an athletic code.
8. Sticking with a training schedule.
9. Remembering to honor and speak with one's God frequently.
10. Placing other people's needs above one's own wants.