# Discipline in Living Above Temptation

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Explore daily guidance on cultivating discipline to overcome temptation and live a victorious, holy life empowered by God's strength.





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#### Introduction

**Discipline** is more than just self-control; it is a spiritual virtue that empowers believers to live above temptation and grow in holiness. Throughout the Bible, God calls His children to pursue a life of holiness, resisting the allure of sin that seeks to entangle and enslave. *Living above temptation* requires intentional discipline—a daily commitment fueled by God's grace and Spirit, not just human effort.

In this study, we will delve into Scripture that encourages and equips us to cultivate discipline in our hearts and minds. We'll learn how to harness God's Word as a weapon against temptation, employ prayer and community for accountability, and embrace God's transformative work through the Holy Spirit. Discipline is not a harsh punishment but a loving pathway that leads to freedom and abundant life in Christ.

Over five days, you will encounter powerful truths that illuminate how discipline anchors us firmly in God's promises, enabling us to say "no" to sin and "yes" to righteousness. Whether struggling with specific temptations or seeking to strengthen your spiritual resolve, this study invites you to experience the power of disciplined living that honors God and reflects His glory. Let us embark on this journey with open hearts, ready to be shaped into vessels of honor through the refining process of discipline.









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#### Your Verse

1 Corinthians 10:13 - "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear..."

#### **Supporting Scriptures**

- James 1:14 "But each person is tempted when they are dragged away by their own evil desire and enticed."
- Matthew 26:41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."







# Devotional: Strengthening Your Guard Against Temptation

**Temptation is universal, yet God's faithfulness is even greater.** 1 Corinthians 10:13 reminds us that no temptation is stronger than what God knows we can endure. Discipline begins with this assurance—knowing that God is present and powerful in moments of trial to help us overcome.

James 1:14 teaches us that temptation arises from our own desires, but this awareness helps us take responsibility to guard our hearts. Our discipline is to watch, pray, and be alert, as Jesus urged in Matthew 26:41, recognizing our flesh's weakness and relying on the Spirit's strength.

*Guarding against temptation* is proactive. It requires us to identify triggers and to fill our minds and hearts with God's truth. Scripture equips us with wisdom to resist, encouraging a mindset shift from being passive recipients of temptation to active victors through disciplined spiritual vigilance.

Today, embrace the promise of God's faithfulness and make a disciplined commitment to watch and pray, trusting that He will provide a way out of every temptation.







# Reflect and Apply

	What common temptations do you face regularly, and how do you respond to them?
2.	In what ways can you be more proactive about 'watching and praying'?
	How does knowing God will not let you be tempted beyond your strength change your perspective on temptation?







# **Journaling Prompts**

Identify one specific temptation to guard against this week and why it challenges you.
Write about a past experience when God helped you overcome temptation.
Commit to a prayer or scripture-reading habit to support your spiritual vigilance.







#### Prayer for Today

**Father God,** thank You for Your faithfulness and for not allowing me to be tempted beyond what I can bear. Help me to be vigilant and watchful, relying not on my own strength but on Your Spirit. Strengthen me to stand firm against every temptation and guide my steps in the path of holiness. Teach me discipline through Your Word and Your grace, so I may live victoriously for Your glory. *In Jesus' name, Amen.*









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Day 2: 6 Discipline Through the Word

#### Your Verse

Psalm 119:11 - "I have hidden your word in my heart that I might not sin against you."

#### **Supporting Scriptures**

- Hebrews 4:12 "For the word of God is alive and active. Sharper than any double-edged sword..."
- Ephesians 6:17 "Take the helmet of salvation and the sword of the Spirit, which is the word of God."







Day 2: 6 Discipline Through the Word

# Devotional: Harnessing Scripture to Overcome Temptation

**Discipline in living above temptation is rooted in Scripture.** Psalm 119:11 reveals the secret to victory: hiding God's Word deep within our hearts. When temptation comes, we don't rely on fleeting willpower but on the power of God's truth abiding in us.

Hebrews 4:12 describes the Word as alive and sharper than any sword—ready to discern and confront the lies of the enemy. Discipline in studying, memorizing, and meditating on Scripture equips us with weapons to resist temptation and navigate life's challenges.

Ephesians 6:17 calls the Word the "sword of the Spirit," reminding us it is a divine tool for spiritual warfare. As we discipline ourselves to engage daily with the Bible, we build a resilient inner defense that disarms temptation before it takes hold.

Today, commit to deepening your relationship with God's Word as a foundational discipline for living above temptation.







Day 2: 🖰 Discipline Through the Word

# Reflect and Apply

	How regularly do you read and meditate on Scripture to strengthen your spiritual defenses?
2.	What passages have helped you resist temptation in the past?
	How can you better incorporate Scripture memorization into your discipline?







Day 2: 🖰 Discipline Through the Word

## **Journaling Prompts**

	Write about a Bible verse that has helped you during temptation and why it's meaningful.
2.	Create a plan for daily Scripture engagement this week.
	Reflect on how God's Word has revealed truth that counters your specific temptations.







Day 2: 6 Discipline Through the Word

#### Prayer for Today

**Lord Jesus,** thank You for the gift of Your Word that pierces the darkness of temptation. Help me to hide Your Word in my heart so I will not sin against You. Strengthen my discipline to study, memorize, and meditate on Scripture daily. May Your Word be my sword and shield in every battle. Empower me by Your Spirit to live above every temptation and bring glory to Your name. Amen.  $\square$ 









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#### Your Verse

Galatians 5:16 - "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."

#### **Supporting Scriptures**

- Romans 8:13 "If by the Spirit you put to death the misdeeds of the body, you will live."
- Ephesians 3:16 "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."







# Devotional: Empowered Discipline Through the Holy Spirit

Discipline is not merely self-effort but involves daily surrender to the Holy Spirit. Galatians 5:16 encourages believers to "walk by the Spirit," presenting a lifestyle where dependence on God's power overcomes the flesh's desires.

Romans 8:13 further emphasizes that it is by the Spirit's help we can "put to death the misdeeds of the body"—a clear call to spiritual discipline that aligns our actions with God's holiness. Discipline in walking with the Spirit requires attentiveness, humility, and intentionality in our choices.

Ephesians 3:16 reminds us that inner strength comes from God's glorious riches through the Spirit in us. Discipline is nurtured when we invite and rely on this power daily, confessing our weaknesses and embracing God's enabling grace.

Today, focus on cultivating sensitivity to the Spirit's leading and drawing strength for disciplined living above temptation.







# Reflect and Apply

1.	What does it look like for you to "walk by the Spirit" in daily life?
	How can you better recognize the Spirit's promptings to resist temptation?
3.	In what areas do you need to invite the Spirit's strength more intentionally?







### **Journaling Prompts**

1.	Describe a moment when the Holy Spirit helped you overcome temptation.
2.	List practical ways to cultivate daily sensitivity to the Spirit.
3.	Write a prayer inviting the Spirit's power to strengthen your discipline.







#### Prayer for Today

Holy Spirit, I invite You to lead and empower me today. Help me to walk faithfully by Your guidance and not gratify the desires of the flesh. Strengthen my inner being with Your power so I may put to death sinful desires and live fully in Your freedom. Teach me discipline that flows from surrender to You and a heart aligned with God's will. Through Jesus, Amen. 🖰 😂 💪









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Day 4: N Accountability and Fellowship

#### Your Verse

Hebrews 10:24–25 – "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

#### **Supporting Scriptures**

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 4: N Accountability and Fellowship

# Devotional: Strengthening Discipline Through Community

**Discipline thrives in community.** Hebrews 10:24–25 urges believers to encourage each other and persevere by gathering regularly. Isolation often weakens discipline, while fellowship provides support, correction, and encouragement.

Ecclesiastes 4:9-10 explains the practical benefit of companionship—having someone to help when temptation or failure occurs. Accountability partners or small groups create safe spaces for confession, prayer, and mutual growth where discipline is nurtured by love.

Proverbs 27:17 captures the essence of sharpening one another—discipline is more sustainable when we allow others to come alongside and challenge us in love. Today, consider your relationships and how intentionally you pursue fellowship as a vital part of living above temptation.

Discipline flourishes where hearts are connected, motivated by love and accountability.







Day 4: O Accountability and Fellowship

# Reflect and Apply

1.	Who in your life encourages and challenges your spiritual discipline?
	Are you intentionally participating in a community that helps you live above temptation?
	How can you be both more accountable and more available to support others?







Day 4: O Accountability and Fellowship

# **Journaling Prompts**

1.	Write about a relationship that has helped you grow in discipline.
2.	Consider ways to deepen fellowship or find accountability partners.
	Reflect on how you can sharpen and encourage others in their spiritual walk.







Day 4: N Accountability and Fellowship

#### Prayer for Today

God of Community, thank You for the gift of fellowship and accountability. Help me to seek and nurture relationships that strengthen my discipline and support me in times of temptation. May I be both a receiver and giver of encouragement, spurring others on in love and good deeds. Unite my heart with brothers and sisters in Christ, so together we can stand firm and live out Your calling. In Jesus' name, Amen.  $\heartsuit$ 







# Day 5: 🗱 Living Victoriously in Discipline

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Day 5: 💥 Living Victoriously in Discipline

#### Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

#### **Supporting Scriptures**

- 1 Corinthians 9:27 "I strike a blow to my body and make it my slave..."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 5: 💥 Living Victoriously in Discipline

#### Devotional: Empowered to Live Discipline and Victory

Discipline is a gift of the Spirit enabling victorious living. 2 Timothy 1:7 assures us that the Spirit empowers us not with fear but with power, love, and self-discipline. This self-discipline (or sound mind) is essential for overcoming temptation and pursuing holiness.

Paul's words in 1 Corinthians 9:27 underscore the intentional effort to bring our bodies into submission—to discipline ourselves physically and spiritually, making us effective in our service to God. This demonstrates that discipline is both divine empowerment and personal responsibility.

Philippians 4:13 reminds us that our strength comes from Christ. Living above temptation is not about personal heroism, but relying faithfully on Him who strengthens us. Today, embrace the Spirit's power at work within you and commit to living victoriously through discipline empowered by love and grace.

Victory over temptation is possible with God's power and a disciplined heart.







Day 5: 🎇 Living Victoriously in Discipline

# Reflect and Apply

	How do you experience the Spirit's power, love, and self-discipline in your daily life?
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	What specific steps can you take to 'make your body your slave' to God's purposes?
3.	How does Christ's strength shift your approach to overcoming temptation?







Day 5: 🎇 Living Victoriously in Discipline

# Journaling Prompts

1.	Write about a victory over temptation and what role discipline played.
2.	Identify areas where you desire greater self-discipline and how to invite the Spirit's help.
3.	Compose a declaration of trust in Christ's strength to live victoriously.







Day 5: 💥 Living Victoriously in Discipline

#### Prayer for Today

Almighty God, thank You for entrusting me with Your Spirit who empowers me with power, love, and self-discipline. Help me to discipline my body and mind so I can live a life pleasing to You. Strengthen me not by my own might, but through Christ who gives me all strength and victory over temptation. May I walk boldly in this power, radiating Your love and grace to others. *In Jesus' mighty name, Amen.*







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