

I choose - Week 1 - Discipline over regret - CG notes

Getting started

What's your favourite thing about new year and what's your least favourite thing?

Getting stuck in

In this series we are looking at 4 big choices we get to make not just at new year but every day!

The first is '**discipline over regret**'

- Be honest, what comes into your mind when you hear the word 'discipline'?
- Is it largely a positive or negative word for you?
- When did you start something and it didn't finish that well?
- What do you wish you'd have done differently in order for it to have finished well?
- When it comes to our lives we all want to finish well, why do you think that is?

Read 2 Timothy 4 v.6-8

The context of these verses is that Paul is in prison and this is the last letter he writes.

- How does knowing that context make these verses more powerful?
- Paul talks about the prize, a crown, what did he have in his mind do you think?

Paul gives us clues to running the race of life well in other passages...

Read 1 Cor. 9 v.24-27

- What strikes you from these verses?
- What do you find challenging and what do you find inspiring?
- What do you think is the difference between 'trying' and 'training'?
- In what areas of your life this year would you like to train better rather than just try harder?

Read Phil. 3 v.10-14

This is what Paul was running his race of life for, this was his finish line, his goal...

- In what ways do you want to make this prayer your prayer for this year?
- How can we help each other run the race of life well this year?
- In what ways does the phrase '*choose what you want most over what you want now*' inspire and at the same time challenge you?

Getting personal

Invite the group to share 1 area of their lives they'd like to exercise more discipline in this year?

Finish by praying for each other...

Remember Alpha starts January 15th, pray for that course and pray for people you could invite!

