



THURSDAY, OCTOBER 23, 2025 | 6:30 A.M.

Disciplines

David H. McKinley

QUALIFY YOUR Fears

- (1) People
[Proverbs 27:17; 1 Corinthians 15:33]
- (2) Circumstances
[Romans 8:28]
- (3) Disciplines
[1 Timothy 4:7-8]

*"People do not 'decide' their futures, they decide their habits and their habits will decide their futures."
—F.M. Alexander*



"...Most men think discipline is about punishment—About forcing yourself to do things you hate and About suffering until you finally succeed. They're wrong. Discipline is not about pain. It's about power. Real self-discipline is the foundation of masculinity. It's the trait that separates boys from men, talkers from doers..."

"Decision making and disciplined living will move you from being a NoWhere Man to a NowHere Man!"

1. Disciplines Must be Linked to Purpose
if They're to Remain a Priority

*"A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be."
—Tom Landry*

*"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan."
—Tom Landry*

 *"Wallet, Glasses, Keys, and Phone"* 

2. Disciplines Require Persistence
in the Face of Resistance

"If you know you have to swallow a frog, swallow it first thing in the morning. If there are two frogs, swallow the big one first." —Mark Twain

[1 Corinthians 9:24-27]



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3. Disciplines Create Pathways to
Reach Greater Potential.

"Freedom and discipline have come to be regarded as mutually exclusive, when in fact, freedom is not at all the opposite, but the final reward of discipline."
—Elizabeth Elliot

"Spiritual disciplines are those personal and corporate disciplines that promote spiritual growth. They are the habits of devotion and experiential Christianity that have been practiced by the people of God since biblical times." —Donald Whitney

(1) Establish a Daily Appointment
with God

(2) Memorize Scripture ... FighterVerses.com

(3) Use a Journal

(4) Prioritize Worship

(5) Choose to Give

(6) Donate your Time

(7) Find Fellowship

(8) Consider Fasting

(9) Learn to Read

(10) Pursue Purity

"Infidelity/adultery is any attention, attraction, affection or action toward any other woman that is rightfully due and pledged to your wife."

[1 Thessalonians 4:1, 3-8]

The NowHere Man

*He's a real NowHere man
Living to pursue God's plan
Choosing a path of freedom, love and purity*

*He focuses with a new world view
Knows for sure what he wants to do
He's not content to be just like everybody*

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