

Friends Club



Self-Discipline

Additional Project Ideas

Set some goals. Have the girls set goals for their lives (10 things they want to do during their lifetime). Have the girls take each goal and set smaller goals that they can start working on now to help them achieve these larger goals. Have your girls share these goals with partners.

Illustrate it. Illustrate accountability for choices to a governing authority. Visit a local court hearing (this will probably require a daytime visit and parental permission). Call ahead to the local or federal court in your area to find out what types of trials will be going on. You may need to explain the goal of your visit so they can determine what types of cases you will want to view.

Invite a guest. Invite a police officer into your clubroom to talk to the girls about discipline. Have the officer talk about his or her job and how being self-disciplined can prevent legal problems. Allow plenty of time for the girls to ask questions.

Tell the story. Have the girls write a "choose-your-own-adventure" story. The girls could write a story individually or collaborate with a small team of other girls. Encourage the girls to illustrate how being self-disciplined affects the types of choices you have later on in your life. Coordinate with the sponsor of a younger club to have the girls share the story with the younger club.

Think good thoughts. Have the girls make note cards of verses of that can help the girls make wise choices and become more self-disciplined. The girls can come up with a list of verses on their own that will help guide them in the right direction or use these verses:

Psalms 25:4,5	Luke 9:23,24	Philippians 2:3,4
Matthew 5:14-16	Galatians 6:7-10	2 Peter 3:9
Matthew 7:13,14		

Get creative. Have the girls brainstorm creative ways to hide the Word in their hearts (posters, verses on their mirror, bookmarks, etc.). After brainstorming creative ways to memorize Scripture, have the girls come up with verses they'd like to memorize and spend a night implementing their ideas. Bring fun paper, stickers, pens, etc. for the girls to use to make their creations.

Make a journal. Help the girls make journals. Hollow out old books and glue small notebooks inside the old covers or get blank covered journals from a craft store and let the girls personalize the cover.

Resource Ideas

- *Lectio Divina for Youth Series* available from Barefoot Ministries.
- *How to Study the Bible for Yourself, Youth Edition* by Tim LaHaye, Harvest House, 2006.
- *True Life Bible Studies Series* by Shannon Primicerio, Nav Press, 2007.

Additional Discussion Questions

Discovery #1

- What is discipline?
- Why is discipline important in your relationship with God?
- How does God use discipline?

Discovery #2

- What can we learn from Jesus' response to temptation?
- Why is it important to be consistent when practicing discipline?
- Why is discipline important?

Discovery #3

- What are some ways you want to discipline your spiritual life?
- What does Jesus' life teach us about spiritual discipline?
- How can you live a life that reflects God?

Discovery #4

- How can you tell the difference between selfish desires and godly desires?
- How can you discipline your selfish desires?
- What happens if you don't discipline your selfish desires?

Discovery #5

- What can we learn from the early church about self-discipline?
- What are some common characteristics of people in the Bible who were undisciplined?
- What are some common characteristics of people in the Bible who were disciplined?

Discovery #6

- What are some characteristics of a good accountability partner?
- What are some areas you'd like to develop discipline in your own life?
- Why is it important to be responsible for your own self-discipline?