

WEEK 1

DISCIPLINE THAT BUILDS CHARACTER

1 Corinthians 9:25 (NLT)

“All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.”

INTRODUCTION

In every competition—whether soccer, sports, or life itself—everyone wants to win. But not everyone is willing to go through the training process. We see players lifting trophies, celebrating goals, and winning matches, but what we don’t see are the hours of discipline, effort, and sacrifice. The same is true in life: the results everyone sees come from a character that few are willing to develop. In the end, it’s not the most talented person who wins; it’s the one with the character to remain steadfast.

1. DISCIPLINE BUILDS YOUR CHARACTER

1 Timothy 4:7b – “Rather, train yourself to be godly.”

Character is not born; it is built. No one is born disciplined; discipline develops over time.

Example: A soccer player is not born a professional; they train every day until they develop the skills needed to become one. In the same way, your character is built through daily decisions.

Your daily decisions are shaping you. What you do every day defines who you are becoming.

Example: Choosing to be patient with your children, controlling your temper, or being responsible at work. These are not big decisions; they are consistent decisions. Consistency turns habits into character, and character into victory. Without discipline, there is no growth. Wanting to change is not enough; you need habits.

Example: Someone who wants to improve their life but never changes their routines will not see results. Discipline is the bridge between who you are and who you can become.

2. CHARACTER IS BUILT IN WHAT NO ONE SEES

Luke 16:10 – “If you are faithful in little things, you will be faithful in large ones.” The small things matter most. Small actions create great results.

Example: Showing up on time, keeping your word, and doing the right thing even when no one is watching. Discipline in private produces visible results. What you do privately will eventually show publicly.

Example: A player trains in private so they can perform well during the game.

God builds your character before giving you more. God works on who you are before He gives you greater responsibility. Your character determines how far you can go.

3. CHARACTER IS THE FOUNDATION OF VICTORY

Romans 5:3–4 – “Endurance develops strength of character, and character strengthens our confident hope...”

Talent may open doors, but character keeps them open. You can go far because of your talent, but you can only stay there because of your character.

Example: People with great abilities often lose opportunities because of a lack of character. God may give you opportunities, but your character determines whether you can sustain them.

Character is tested in difficult moments. It is easy to do the right thing when everything is going well. Character is revealed when there is pressure, problems, or temptation.

Example: When you face financial difficulties and have to choose between acting with integrity or taking the wrong shortcut.

Character is developed beforehand, but it is tested under pressure. Character determines whether you win or lose. Character determines whether you stay strong or give up when things get difficult.

Examples:

- Someone who starts well in a job, relationship, or project but does not finish because of a lack of character.
- A talented player who does not train, refuses to follow instructions, or lacks discipline will eventually be left behind.

You may have ability, but without character, you cannot sustain success. In this competition called life, character is what determines whether you cross the finish line or give up along the way. That is why today I want to tell you something clearly: “Don’t give up.”

CONCLUSION

Everyone wants to win, but not everyone wants to be shaped. Discipline is not easy, but it is what builds the character you need to remain strong in the race. Because in this competition called life, it’s not the most talented person who wins, but the one with the character to endure until the end.

Start today—in the small things, in the daily decisions—because your character is being formed, and that will determine whether you win. So, even when things get difficult, even when you do not see immediate results... Don’t give up.

SALVATION PRAYER

Lord Jesus, I recognize that I have sinned and that You died for me. Today, I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my Lord and personal Savior. Amen.

INTERACTIVE QUESTIONS:

1. What habit in your life is shaping your character—for better or for worse?
2. In what area do you need more discipline today (family, character, work, friendships, relationship with God)?
3. What daily decision can you begin this week to strengthen your character?

GROUP ACTIVITY: “Daily Training”

Ask each person to say out loud:

- One area where they need discipline
- One small action they are going to begin
- Then pray in small groups for consistency.

PRACTICAL APPLICATION FOR THE WEEK:

- Identify one area of your character that you need to strengthen
- Choose one small daily action (but be consistent)
- Do it every day without failing

Challenge: It is not about doing a lot... It is about being consistent.