

A FIVE DAY BIBLE STUDY GUIDE FROM AVIRTUOUSWOMAN.ORG

Cultivating

**A
HEART
OF
DISCIPLINE
AT HOME**



BY MELISSA RINGSTAFF

THE DISCIPLINED HOMEMAKER

CULTIVATING A HEART OF DISCIPLINE AT HOME

self-discipline: n. the ability to control one's feelings and overcome one's weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it

Self discipline basically means that you do what you know needs to be done even when you don't feel like it. But that's easier said than done, right?

It's easy when you feel overwhelmed to just ignore the problem – indefinitely. You walk into a room and the piles of clutter just seem too great. Or you open that closet door and you shudder at the thought of cleaning out the junk – even though you can barely push the door shut. It's easy to close the door {even figuratively speaking} and simply walk away and do something more pleasant.

But, does that really make your life easier? Is life more simple and less stressful when we ignore the problem at hand in favor of doing something that brings us comfort and enjoyment?

Probably not. In fact, I'd dare say, very rarely will ignoring a problem ever make the problem better... and it might even make the problem grow even bigger.

You might have self-discipline in some areas and struggle in other areas. Some of us like doing laundry. Others hate doing the dishes.

Clutter and messy piles of whatever {laundry, old books, dishes, etc.} are essentially decisions that have not been made. Chronic stacks of dirty dishes are the most basic – you have not made up your mind to just get it done.

Maybe you feel overwhelmed because you didn't do it immediately and now every dish in the house is dirty. And so you avoid it.



Piles of paper on your desk mean you have not decided what needs to be filed and what needs to go into the trash. Too many clothes you no longer where means you have no made the decision to let things go – for whatever reason.

Self-discipline means make up your mind – make a decision – to go through the mess and get it done. Even when you don't really feel like it. True self-discipline – the kind that stays with you and is life changing – means you face those piles on a daily or otherwise frequent basis so the piles do not grow.

It's so much easier to clean a small pile than it is to clean a huge one. Just like I always say – It's easier to clean a tidy house than it is to clean a messy house.

I, in no way, have perfected the art of self-discipline. There are some things I try and avoid at all costs. But, I do know how much better I feel mentally and emotionally when I tend to my tasks as needed rather than when the small mess has turned into a mountain.

And sometimes I wonder why I make life so much harder for myself when it would really be so much easier if I just always did what I know I should do.

Maybe you've wondered the same thing about yourself.

Sometimes you just have to force yourself to change if you want to see real change in your circumstances. It's not easy. I've done it before in other areas of my life and even in my personality and how I react to things. So this is an area I need to work on.

What area of your home/ life do you lack self-discipline? Identifying the problem is the first step in making lasting change.

The Good News is that Jesus will help every step of the way!



DAY ONE

1

**READ
THE VERSE**

2 TIMOTHY 1:7

2

**PRAY FOR
WISDOM**

3

WRITE THE VERSE

Blank space for writing the verse.

4

APPLY THE VERSE : WHAT IS GOD SPEAKING TO YOUR HEART?

Blank space for applying the verse.



DAY TWO

1 **READ
THE VERSE**

TITUS 2:3-5

2 **PRAY FOR
WISDOM**

3 **WRITE THE VERSE**

Blank space for writing the verse.

4 **APPLY THE VERSE : WHAT IS GOD SPEAKING TO YOUR HEART?**

Blank space for applying the verse.



DAY THREE

1

**READ
THE VERSE**

1 CORINTHIANS 10:13

2

**PRAY FOR
WISDOM**

3

WRITE THE VERSE

4

APPLY THE VERSE : WHAT IS GOD SPEAKING TO YOUR HEART?



DAY FOUR

1 **READ
THE VERSE**

TITUS 1:7,8

2 **PRAY FOR
WISDOM**

3 **WRITE THE VERSE**

Blank space for writing the verse.

4 **APPLY THE VERSE : WHAT IS GOD SPEAKING TO YOUR HEART?**

Blank space for applying the verse.



DAY FIVE

1

**READ
THE VERSE**

PHILIPPIANS 4:13

2

**PRAY FOR
WISDOM**

3

WRITE THE VERSE

4

APPLY THE VERSE : WHAT IS GOD SPEAKING TO YOUR HEART?



Prayer Journal

Lined area for writing prayer journal entries.



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