

LESSON 3 // SAY YES, SAY NO—PART 1

Big Idea: No one becomes resilient or sustains resilience without discipline—the willingness to say “yes” to the right things in life and “no” to the wrong things.

This kind of discipline starts with establishing and accepting the right moral standards—biblical standards that define right, wrong, good, bad, better and best. We need to know these as truths, principles, commands and best practices and choose to live right based on them. And we need to teach these to our children by example and instruction. This leads us and our kids to a disciplined approach to life that addresses our thoughts and actions, rather than being driven by our emotions.

Romans 12:1-2 (NLT) *And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

Start Talking:

How challenging is it for you to be a consistently disciplined person? In what ways have you seen some success in applying discipline to your life?

Start Thinking:

Read Isaiah 5:20 and Romans 1:25. What do these verses tell you about the moral standards God expects us and our children to uphold? How are these in stark contrast to the ways and standards of the world?

Read Deuteronomy 30:19-20. Why is it so important to pro-actively pursue righteous, godly living rather than taking a passive approach to life? What happens if we fail to “choose life” in this way?

Read Ephesians 6:4. What does it mean to bring up children “with the discipline and instruction that comes from the Lord”? What difference will this make in their lives?

Read Romans 12:1-2. Describe the kind of discipline these verses encourage us to pursue. Why is allowing God to “change the way you think” such a vital part of this discipline?

Start Praying and Doing:

Pray that God's strong moral standards will be deeply rooted in your heart and mind. Ask Him to show you how you can apply these standards to every aspect of your life and in the training of your children.

Memorize and mediate on Romans 12:1-2 this week. Think about practical ways you can refuse to “copy the behavior and customs of this world” in your daily life (at work, in your relationships, etc.) and instead choose to live in ways that honor the Lord. Talk about this with your children and help them to see how they can make these choices in their lives.