

Webster defines Discipline as - instruction, training which corrects, molds, strengthens, or perfects.

Richard Foster in his book "Celebration of Discipline" addresses discipline in three ways:

- * the inward Disciplines of prayer, fasting, study, and meditation
- * the outward Discipline of simplicity, solitude, submission, and service
- * the corporate Discipline of celebration, confession, worship, guidance, and celebration.

As Foster says further "God has given us the disciplines of spiritual life as a means of receiving grace. The disciplines allow us to place ourselves before God so that He can transform us."

Heavenly Father please help us to see the importance of discipline in our lives that we may continue to improve and be more the people and individuals you meant us to be. As you have spoken through the apostle Paul in 1 Cor. 9:25-27 it takes effort on our part too. Even though disciplines are addressed and they are important we must always remember most important is building a close relationship and intimacy with you our Heavenly Father. Thank you for your love, help, & guidance. In Jesus name we pray.

Amen.