

# A Panther Man L.E.A.D.S. Discipline



## **THE GAME PLAN**

Learn to be a disciplined man and teammate.

Discipline, meaning to learn or teach, originally comes from the Latin word *disciplina*.

John Madden says, “Discipline in football occurs on the field, not off it. Discipline is knowing what you’re supposed to do and doing it as best as you can.”

## **THE WARM UP**

What does it mean to have discipline?

Describe someone that has discipline at school or in the game?

What does a disciplined football team look like?

Consider this video about “Eye Discipline” in the Defense.

<https://www.youtube.com/watch?v=YNxxTwAb2Y8>

## **THE KICKOFF**

This is one of the aspects of life that is not fun or easy. Discipline is hard work. It is what separates the average from the dedicated—the okay player, to a great player.

How do we become disciplined people? It requires practice. It requires learning everyday from the mistakes of the day before, working to not make those mistakes again, and learning what to do tomorrow.

How disciplined you are off the field depends on how dedicated you are to learn from the mistakes of your past to become a better player.

# A Panther Man L.E.A.D.S. Accountability



## **DIG DEEPER**

Most athletes want to get better at their sport. It is a marker of an athlete who takes the game serious. They learn how to play the game and be the best they can be. Followers of Jesus should strive in the same way with the same attitude, learning from the mistakes they made the day before, and trusting in Jesus to help them not make those same mistakes again so they grow towards maturity.

## **SCRIPTURAL FOCUS**

We remain disciplined so we don't incur penalties. We remain disciplined so we can grow and be better men, better athletes, and better followers of Jesus.

1 Corinthians 9:27

"But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."

Paul talks about being disciplined in this verse. One thing he has learned through discipline is that he can become disqualified in the game, so he disciplines himself to the point that he brings himself under "strict" control. He does this for the sake of the eternal prize.

What is one area of your personal life that you need to become more disciplined in to succeed?

What is one area of your position on the team that you need to become more disciplined in to help your team win the game?

## **RESOURCES**

Spoken Word about Discipline: <http://techassociatesinc.us/FHC/audio/discipline.mp3>