



Good Diet: A Life of Discipline

Main idea The way we spend our time reflects our discipline.

Warm-up What time do you usually wake up? What are some of the first things you do?

introduction

Beauty has a price. A regular and a balanced diet is a must for beauty queens. Some do the after-six, some do a Daniel's (fruit and veggie diet), or some use medications to keep them in shape. Saying no to chocolates, chips and sodas must be really hard. In the same way, being the woman God wants us to be also takes effort – by living a life of discipline.

Message

She gets up while it is still dark, she provides food for her family and portions for her servant girls.
Proverbs 31:15

The way the woman spends her time reflects her disciplined life: She gets up early: In the OT, women have many reasons for getting up very early. Since there was no electricity, light came from a saucer with oil and a wick floating on it (gasera/lampara). This would mean that the women had to wake up to keep the light burning. No excuse for extending 5 more minutes of sleep or snoozing the alarm clock!

She provides food: She is a woman who is responsible not just for what she wants or needs for herself. She is a woman who values responsibility and gets things done. Many times, we are so consumed with what to eat, where to go for a gimmick or doing what we want to do, but this woman is responsible enough not just to take care of herself but of others as well.

She sets portions to her servants: She is also a leader! Part of her daily routine is to delegate work to her servants and making sure it gets done. She also sets their food portions to make sure they are taken cared of.

The way we spend our time reflects our discipline.

Psalms 90:12 *“Teach us to number our days aright, that we may gain a heart of wisdom”*

challenge

Living a life of discipline, especially with our time, is something that makes our internal beauty, stand out. It reflects our character.

Application Question

How do we start our day? Do we come on time?
Do we meet deadlines? Do we exercise a sense of responsibility?
In what areas would you need to be more disciplined?
Commit to practice starting this week.

Prayer Time