

# FORMATIONAL DISCIPLINE

## WEEK FOUR THE DISCIPLINE OF CHOICES

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What choices do you identify in the instructions of Ephesians 4:25-32? (see *Exercise on the back page of this handout*) How do choices like these help form us?

“[T]he practice of putting off sinful attitudes and actions and putting on Christlike character involves a constant series of choices. We choose in every situation which direction we will go. It is through these choices that we develop Christlike habits of living.”

Jerry Bridges, *The Discipline of Grace*

Forming Holy Habits  
**Romans 6:19**

Mortification  
**Romans 8:13; 1 Corinthians 15:31-34; Luke 9:23-24**

“See [sin] for what it is and for what it stands for—a rebellion against God, a breaking of His law, a despising of His authority, a grieving of His heart. This is where mortification actually begins, with a right attitude toward sin. It begins with the realization that sin is wrong, not because of what it does to me, or my spouse, or child, or neighbor, but because it is an act of rebellion against the infinitely holy and majestic God who sent His Son to be the propitiation for my sins.”

Bridges

Not Alone  
**Hebrews 12:1-4**

## EXERCISE

Read Ephesians 4:25-32. Consider how these instructions can be divided into choices for either holy or unrighteous living, then list them under the corresponding column below.

| Choices for Holy Living | Choices for Unrighteous Living |
|-------------------------|--------------------------------|
|                         |                                |

## QUESTIONS FOR FURTHER THOUGHT

**1. Are there any particular sins or behaviors that you are especially hostile toward? What sins or ungodly habits are generally more accepting of? How does viewing all sin as rebellion against God impact your attitude about the choices you make?**

**2. Is there someone you can trust to share your spiritual journey and discipline with? How can another believer support and challenge you in your growth toward wholeness? How can you do the same for that person?**

***Continue to consider the area of discipline God wants you to grow into. What are some specific choices you can make to develop holy habits in this area?***