

Mentoring Men Discussion Guide

Discipline Over Motivation: Building Consistency as a Man

Key Theme

Motivation gets you started, but discipline keeps you going. True growth as a man and a follower of Christ is built through consistent obedience rather than fluctuating feelings.

Opening Prayer

Ask one of the men to open in prayer, asking God for wisdom, honesty, and the strength to become men of discipline.

Go around the group and answer:

What is one thing you've started with excitement but struggled to stay consistent with?

Examples:

- Gym
- Bible reading
- Prayer
- Healthy eating
- Family time
- A personal goal

Scripture Focus (Read Together)

1 Corinthians 9:24-27

Paul compares the Christian life to an athlete training with discipline.

Galatians 6:9

"Let us not become weary in doing good..."

2 Timothy 1:7

God has given us a spirit of power, love, and self-discipline.

Discussion Questions

1. Which of these Scriptures stands out to you most and why?
2. How does our culture encourage motivation more than discipline?
3. What do these verses teach us about God's view of consistency?

Discussion Section 1

Why Motivation Fails

The podcast highlights that motivation is often driven by emotions, energy, circumstances, and results. When those change, motivation disappears.

Questions

1. Where have you experienced motivation fading in your own life?
2. Do you tend to wait until you "feel ready" before acting?
3. How can emotions sometimes become an excuse for inconsistency?
4. Why do you think spiritual disciplines are often the first things neglected when life gets busy?

Key Takeaway

Feelings are temporary. Purpose and commitment must be stronger than emotions.

Discussion Section 2

What Is Discipline Really?

Discipline is not punishment. It's training that helps us become the men God wants us to be.

Read

Hebrews 12:11

Questions

1. How would you define discipline in your own words?
2. What area of your life currently requires more training and consistency?
3. Why do many men see discipline as restrictive rather than freeing?
4. Discuss this statement:

"Discipline is choosing what you want most over what you want now."

What does that mean practically?

Key Takeaway

Small daily decisions create long-term transformation.

Discussion Section 3

Building Character Through Consistency

Read

Romans 5:3-4

Questions

1. How has perseverance shaped your character?
2. What "small things" has God been asking you to be faithful in?

3. How does consistency prepare us for greater responsibility?
4. Who is a disciplined man you admire, and what can you learn from him?

Key Takeaway

Character is not formed in a day. It is built through repeated acts of faithfulness.

Practical Application

The podcast gives five practical ways to build discipline.

Discuss Each One

1. Start Small and Stay Consistent

What is one small habit you could begin this week?

2. Build Daily Habits

What daily routine could help strengthen your walk with God?

3. Show Up Regardless of Feelings

What commitment do you need to keep even when you don't feel like it?

4. Stay Accountable

Who has permission to challenge and encourage you?

5. Fix Your Focus on Purpose

What bigger purpose motivates your discipline?

Accountability Challenge

Give each man a few moments to write down:

My One Discipline Goal This Week

Examples:

- Set 5/10 min a day or however much time you have and take a moment to talk to God.
- Read one chapter of Scripture each day
- Exercise three times this week
- Spend uninterrupted time with my wife
- Check in with an accountability partner

Accountability Partner

Who will follow up with you before the next meeting?

My Goal

Group Prayer Time

Pray in pairs or as a group.

Prayer Points

- Strength to be disciplined men
- Consistency in spiritual habits
- Victory over excuses and procrastination
- Faithfulness in marriage and family
- Courage to remain committed when motivation fades

Closing Thought

"The man you become tomorrow is built by the discipline you practice today."

[Discipline...Motivation | Word]

Challenge for the Week:

Choose one small area of life and commit to showing up every day, regardless of how you feel. Then be ready to share your progress at the next Mentoring Men gathering.