

## Intro

Long-Term Benefits of Discipline for Kids, by Lauren Steele (Jan 17<sup>th</sup>, 2018) in Fatherly.com

1. Discipline allows you to achieve goals by weeding out the distractions in your life.
2. Discipline makes you feel good...
3. And satisfied with your life.
4. Discipline creates good students — and lifelong learners.
5. Discipline allows kids to be able to set, and achieve, goals better.
6. Discipline gives you a more positive outlook.
7. Discipline helps you avoid temptations.
8. Discipline gives you grit.
9. Discipline makes you more emotionally stable.

## Outline

1 We're sons of God (v5-10)

2 We're loved by God (v6)

3 We're perfectly trained by God (v9,10)

4 A perfect standard required by God (v10,11)

## Outline

1 We're sons of God (v5-10)

~ Chastening proves we're sons and daughters of God

~ As children of God we have a heavenly father

~ Many people have good parents and some have bad parents

~ Even those who have had good earthly parents, those parents are still flawed and sinners. They don't always have clear insight into problems and solutions for their children. They don't always have the right answers.

~ Each Christian does have a heavenly father who is perfect and he's our perfect father

~ He doesn't make mistakes in his dealings with us

~ As an earthly father I've made mistakes in raising my son but our heavenly father doesn't make mistakes

~ Jesus taught his disciples to pray to their heavenly father because he's a perfect father

~ The two words "My Son" is used 23 times in Proverbs. Proverbs 3:11,12 becomes the premise for the writer to tell his audience and us about the Father's chastening

~ In the disciples prayer the Father is referenced 4 times (Matt 6:5-15)

~ There are 5 references to our being children/sons of God

~ We have perfect heavenly father

~ Chastening proves we're children of a perfect God

~ The passage contrasts true children of God from illegitimate children of God – how is the suffering different?

~ Three things that distinguish the child of God from the non-child of God is discipline are

- The believer has the Holy Spirit and the word to cultivate, caution, and correct them
- The believer's suffering has a redemptive purpose – towards our good and benefit
- The believer's suffering has a spiritual purpose to it – toward holiness

2 We're loved by God (v6)

~ While sometimes correction seems/feels like it indicates we're not loved when it comes to God correction comes because we are loved by God

~ Correction is a sign we are loved by the Father

~ Chastening is a feature that belongs to child of God

~ Love in God is God seeking the highest good of the those he loves

~ There have been times when people have done us wrong and it's because they don't care about us but when it comes to suffering, God chastens us because we are loved

~ Jesus had to suffer and endure the cross because we're loved

~ *Prov 13:24 He who spares his rod hates his son, But he who loves him disciplines him promptly.*

~ *Rev 3:19 (To the Church in Laodicea) As many as I love, I rebuke and chasten. Therefore be zealous and repent.*

~ God chastens all of his servants throughout the bible (Adam & Eve, Jacob, Moses, Israel (the book of Judges), Eli, David, Jonah, some in the Corinthian church for partaking of the Lord's table unworthily, the churches in Revelation 2 & 3)  
~ God chastens because he cares and loves us

### 3 We're perfectly trained by God (v9,10)

~ After their own pleasure is better translated *as seemed good to them*.  
~ *Hebrews 12:10 (NLT2) For our earthly fathers disciplined us for a few years, doing the best they knew how. But God's discipline is always good for us, so that we might share in his holiness.*  
~ The contrast here is that of earthly parents who are imperfect with a heavenly father who is perfect  
~ Our earthly parents train and discipline as they think best. Many times it may be for the best but even then they are still flawed. Their motives may not have been pure or right  
~ Maybe the discipline was needed but executed it in the wrong timing, wrong manner  
~ Our heavenly father is perfect in his training of his children. His motives are pure every time. Therefore it's for the best which is our best  
~ We can trust that God has our best interests at heart  
~ His motives are pure, his methods are perfect,  
~ God's chastening is for our profit. It may seem grievous, painful and no joy but it's for our profit  
~ The admonition then is if we paid respect and heeded the discipline of our earthly father how much more should we heed the advice and training of a heavenly father who is supreme Lord and master of the universe  
~ Gill "saints are no losers by afflictions; they lose nothing but their dross and tin."

### 4 A perfect standard required by God (v10,11)

~ The standard is clear as to the objective for why God chastens his children  
~ The end goal of discipline is holiness...it's that clear  
~ While we may feel it's hard to attain the objective is clear and simple  
~ Peter said holiness is the standard in 1 Peter 1:15,16  
~ Holiness is the standard in the law in the OT

- Lev 11:44,45: 19:2; 20:7

~ Holiness is the standard based on Jesus' teaching in the Sermon on the Mount

- Matt 5:48

~ Holiness is the standard based on the new man

- Eph 4:24

~ Holiness is the standard based on our presentation to Christ

- Eph 5:26,27; Col 1:22

~ Holiness is the standard in our daily living

- Titus 2:11-14

~ Holiness is the standard we pursue

- Heb 12:14

### Conclusion

~ Verses 9,10 sets up a contrast between the earthly discipline and the heavenly discipline  
~ The discipline of our earthly parents is a short time that we're under their tutelage whereas as children of God we're continually under his tutelage and training  
~ During our whole Christian life our heavenly Father is training us. There's no end to it because we'll never be perfect on this earth. There will always be something some weight and sin that hinders us (Heb 12:1).  
~ The Father is always preparing us for eternity. In this preparation he wants his children to glorify him  
~ We go back to the beginning verses of this chapter and we have the running analogy. As we run we set aside weights and sins that hold us back from finishing the race well without distractions  
~ We run with endurance the Christian life. We need endurance for this race because the Father is going to cultivate, chasten, correct and conform us into his image  
~ Don't quit when it gets hard and uncomfortable in this training process  
~ People hire personal physical trainers to help them get into shape physically. In the USA Private PT – \$78,000, Independent PT – \$62,000, Gym Employed PT – \$34,000, celebrity personal trainers can make \$100,000 or more  
~ The best personal trainer is God the Father. His training is for our good and his glory.