



# INSIGHTS

THAT QUOTED **directly** FROM THE BOOK

## Life's Disciplines

(Pastor Bob Merritt)

This is a book on life's disciplines—on self-management, on doing the right stuff in the right order.

A life discipline is something you **practice over and over again** until it becomes ingrained in you, and there's no deviation, because you know that your life depends on it. *There's only one way to do this.*

It's different from a *principle*, which is more theoretical in nature. It's different from a *habit*, because habits can be good or bad and are often short-lived.

***A discipline is a behaviour, a practice, a way of living that you build into your life so that it becomes a way of life.***

God structured the world in such a way that how the world works is predictable and consistent. We don't have to guess about cause and effect because in the Bible God made it clear how he wants us to live and what the natural outcomes will be if we live that way or we don't. He does this out of love. ***If we choose to live in alignment with how God has structured the world, our lives will work well.*** But if we live in opposition to how God has structured the world, our lives won't work well and we will end up suffering all kinds of hurtful consequences.

This earth is not heaven, however, and even the most disciplined, most godly people are not immune to illnesses, accidents, and losses associated with a broken, sinful world.

A perfectly disciplined life doesn't guarantee a pain-free life. ***But a person who consistently does the right things in the right order will avoid*** the unnecessary losses and setbacks that plague those who do the wrong things in the wrong order.

**from the page 16-17**(pdf-book)

**MY REFLECTION on the above quotation:**

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