**Theme: Discipline**

**Goal:** Learn about **Discipline**.

**Objective:** Identify one way you can practice **Discipline** in your daily life.

**Ice breaker:** Tell us your name, and talk about some habits you have in your life, e.g. brushing your teeth in the morning, or biting your nails.

**Activity 1:** ***Saint Story***

Read the following story before discussion, and talk to your group about some of the highlights of the life of St. Stylianos: <http://myocn.net/saint-stylianos-protector-children/>

Ask the following questions and help facilitate a discussion:

* What ideas stood out to you in the article? Did something surprise you or make you think differently?
* How was discipline incorporated into his life?
* What is the relationship between obedience and discipline and how does St. Stylianos implement them into his ascetic life?
* How did God work through St. Stylianos and how did St. Stylianos allow God to work through him?
* Why do you think that the road of virtue is so difficult, and how does discipline play an important role in salvation?

**Activity 2: Article and Reflection**

Read the following article: <http://orthodoxinfo.com/praxis/habits.aspx>

Ask the following questions and help facilitate a discussion:

* What are the three elements the article described to establish good habits?
* What is your current relationship to discipline?
* Where do you begin with motivation, and how can you develop it if you don’t have it?
* How can you utilize discipline to transform bad habits?
* What can you do to practice discipline in your everyday life? How can you keep yourself accountable?

**Activity 3: Scripture *Reading***

Have participants read the following verses:

John 5: 1-13

“5 After this there was a Jewish feast, and Jesus went up to Jerusalem. 2 Now there is in Jerusalem by the Sheep Gate a pool called Bethzatha in Aramaic, which has five covered walkways. 3 A great number of sick, blind, lame, and paralyzed people were lying in these walkways. 5 Now a man was there who had been disabled for thirty-eight years. 6 When Jesus saw him lying there and when he realized that the man had been disabled a long time already, he said to him, “Do you want to become well?” 7 The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up. While I am trying to get into the water, someone else goes down there before me.” 8 Jesus said to him, “Stand up! Pick up your mat and walk.” 9 Immediately the man was healed, and he picked up his mat and started walking. (Now that day was a Sabbath.)

10 So the Jewish leaders said to the man who had been healed, “It is the Sabbath, and you are not permitted to carry your mat.” 11 But he answered them, “The man who made me well said to me, ‘Pick up your mat and walk.’” 12 They asked him, “Who is the man who said to you, ‘Pick up your mat and walk’?” 13 But the man who had been healed did not know who it was, for Jesus had slipped out, since there was a crowd in that place.

14 After this Jesus found him at the temple and said to him, “Look, you have become well. Don’t sin anymore, lest anything worse happen to you.” 15 The man went away and informed the Jewish leaders that Jesus was the one who had made him well.”

**Debrief:**

* Who are the characters in this passage and what are their roles?
* How does the paralytic choose and act out discipline?
* What did the discipline of the paralyzed man lead to?
* How can we practice discipline in such a way that it leads to faithfulness in God?

**Conclusion:** *Wrap-up and Commitment*

Go around the circle and ask the group to name one way to incorporate the practice of discipline into the life of a college student.

**Closing Prayer:**

Grant unto me, my Lord, that with peace in mind I may face all that this new day is to bring. Grant unto me grace to surrender myself completely to Thy holy will. Instruct and prepare me in all things for every hour of this day. Whatsoever tidings I may receive during the day, do Thou teach me to accept them calmly, in the firm conviction that all eventualities fulfill Thy holy will. Govern Thou my thoughts and feelings in all I do and say. When things unforeseen occur, let me not forget that all cometh down from Thee. Teach me to behave sincerely and reasonable toward every member of my family and all other human beings, that I may not cause confusion and sorrow to anyone. Bestow upon me, my Lord, strength to endure the fatigue of the day and to bear my share in all its passing events. Guide Thou my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love. Amen.