WALKING IN WISDOM – PROVERBS 5

**Word/Phrase of the Day** – Discipline

**Key Verse** - Proverbs 5:23 “He dies for lack of discipline, and because of his great folly he is led astray.”

**Read Proverbs 5. Which verse stood out to you the most? Why?**

Discipline is not easy. Discipline requires training yourself to say no to things that sound good, but ultimately are bad for you. Discipline is the ability to say no to what you want so you may get what you actually need, even if what you need is not fun. There will always be things that try and lure us away from God. We must discipline ourselves so that we can recognize and resist these temptations and stay true to the paths of God.

**Daily Challenge**

Get a treat that you really enjoy and set it in front of you on a table. Do not eat it for five minutes. You must sit there, with no distractions, and resist the temptation to eat it. If you are successful, reward yourself with an additional treat. Pray with your family that God helps discipline you so that you may resist temptation and grow in righteousness.