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WHAT IS DISCIPLINE?

Discipline is the strength to be in control of oneself while learning a skill.

It is the practice of training oneself to follow rules or a code of behavior, using self-control to do what is right, even when it is hard.

Example: An athlete who practices every day to get better.

Bible Quote:

"For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it." - Hebrews 12:11

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WHAT IS INDULGENCE OR A LACK OF DISCIPLINE?

The weakness to allow our desires, feelings and/or circumstances to control us. It is Avoiding what is hard and giving up easily.

Example: When we don't feel like practicing or doing anything that requires effort.

THE CONSEQUENCES OF INDULGENCE

- **Poor Performance:** Not improving and struggling in sports or other activities.
- **Weak Faith:** Drifting away from God by not praying or attending church.
- **Unhealthy Habits:** Becoming less healthy by not exercising or eating poorly.

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THE BENEFITS OF DISCIPLINE

Builds Character: Discipline helps us develop self-control, responsibility, and the ability to make good choices.

Leads to Success: Practicing discipline can lead to achieving goals and fulfilling one's potential.

Promotes Virtue: Discipline helps in cultivating virtues such as patience, perseverance, and faithfulness.

St. Ambrose Quote:

- *"Discipline strengthens the mind so that it becomes impervious to the corroding influence of fear."*

Catechism Quote #2223:

- "Discipline is an indispensable means of education and formation. It helps to build the character and moral fiber necessary to live a virtuous life."

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HOW TO PRACTICE DISCIPLINE

Example 1: Completing Homework

Goal: Finish all homework before playing.

Steps:

- Set a specific time for homework each day.
- Remove distractions from the study area.
- Break homework into smaller sections with short breaks in between.
- Reward completion with playtime or a favorite activity.

Example 2: Morning Routine

Goal: Establish a consistent morning routine.

Steps:

- Create a checklist for the morning tasks (e.g., prayer, brushing teeth, getting dressed, making the bed).
- Set a timer for each task to keep on schedule.
- Praise or reward for completing the routine on time.

Ask God and our Blessed Mother for help in your prayer.



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WHAT DOES DISCIPLINE LOOK LIKE?

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The video player shows a close-up of a smiling Black man with a beard, wearing a dark blue t-shirt with an American flag patch on the sleeve. A large red play button is centered over the video. The background is a blurred indoor setting.