SELF DISCIPLINE

by:
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Self discipline is the willingness to correct or control yourself in order to make yourself a better person. In this case you shouldn’t think of discipline in terms of punishment. As we impose strict guidelines in the attempt to better ourselves, we become more healthy and fit.

One of the most delicate aspect of being a person nowadays is the issue of discipline. Scripture indicates that God expects us to have discipline in all aspects of our lives. Over and over, we are advised to use the rod. As Proverbs 13:24 stated the right way of disciplining the child is to spank them so that they will learn from mistake, spanking them in a way he will become an adult full of wisdom. Thus as Proverbs 29:15 said the rod to correction convey wisdom but a child who never experienced the right way of disciplining will always never learn the consequences of their mistakes and a failure for every parent.

It is vital to note however that the Biblical “rod” is not always a literal rod. The scripture “rod” is a symbol of discipline. In fact, people with various temperaments and in different circumstances need different rods.

Four Types of Discipline:

1. **ISOLATION** – We are restricted to the four walls of our room, giving us time for evaluation and positive decision.

2. **DEPRIVATION** – Here we are deprived of something we enjoy and over which God has full control.

3. **NATURAL or LOGICAL CONSEQUENCES** – With this type, God resists the urge to intervene, permitting us to suffer the consequences of our behavior.
4. CORPORAL PUNISHMENT – Is the way God permits us to experience physical hurt or pain. That when all other methods have failed, we are taken in private quarters for corporal punishment.

So what is the secret of discipline? It is Love? The method of discipline will vary according to our needs and temperaments but the motive should never vary. It should always be LOVE.

References:

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