

The Fruit from Discipline

No discipline seems pleasant at the time, but painful. Later on, however, it produces the fruit of righteousness and peace for those who have been trained by it.

Hebrews 12:11

In the sport of wrestling, discipline is a necessity. You cannot reach your full potential if you are not discipline. We are required to be discipline in our weight training, wrestling training, recovery and most importantly our diet. Wrestling truly is a 24 hour and 365 day commitment in order to reach your career goals. If you remain discipline in the way you workout, recover and eat you will put yourself in a position to be successful.

In the book of Hebrews, the writer shares with us the benefits of being disciplined by God. He challenges every true believer to rejoice in being disciplined in their walk with Christ, so that they may reap the full harvest of God's promises. Hebrews 12 tells us why our Heavenly father chooses to discipline His children and the benefits of being a disciplined child of God. Every true genuine believer knows that the Christian life is full of hardship, trials, and often times suffering. God is very clear that the Christian life isn't a life of ease. It is a life of love, peace, patience, kindness, goodness, faith, gentleness, and self-control ([Galatians 5:7](#)) but the road to get there may not and is often not easy or to your liking.

I often get asked why living the Christian life is so hard. Why is it that God puts a believer through suffering? How can a loving God cause so much hardship in a believer's life? The answer is very clear when you read Hebrews chapter 12. **It is the DISCIPLINE of God!** In fact, it is because God loves His Children that he chooses to discipline them! Hebrews 12:6 says, "[For the Lord disciplines the one He Loves](#)" and that is why we are to consider it great joy whenever we experience various trials ([James 1:2](#)). It is important to note that God's discipline is much different than God's punishment. Hebrews chapter 12 is about God's discipline not his punishment. Punishment has one purpose but discipline has a completely different purpose! The purpose of punishment is to inflict vengeance but the purpose of discipline is to produce fruit. In punishment God is the Judge, the objects are His enemies and condemnation is the goal. In discipline God is the Father, the objects are His Children, and righteousness is the goal. So with that being stated, let's look at the reasons why God chooses to discipline us and what that discipline produces.

3 reasons why God disciplines His Children

1. **God disciplines his children for Correction-** Every Christian has a problem with sin and needs correction for their sins. We all know that Scripture is a tool for Christian's to correct their problem of sin ([2 Timothy 2](#)). God allows suffering and disciplines His children so that they may be made perfect. [1 Peter 5:10](#) says, "[After you have suffered a while, the Lord makes you perfect.](#)" It's going to take pain and suffering to knock off the carnal aspects that our in your life.
2. **God disciplines his children for prevention-** Sometimes God disciplines us to prevent sin. The Lord tells us to put a guard on our mouth, a guard on our eyes, a guard on our

ears and to be careful with what we expose ourselves to. Scripture is full of barriers that the Lord puts into our lives to shelter us and separate us from things that corrupt us. For example, the Lord demands us to stay away from evil company because evil company corrupts good morals (1 Cor. 15:33). God puts these disciplines in our life not only to correct us but to prevent us from falling into sin.

- 3. God disciplines his children for education-** God teaches you the experiences of life that leads to deeper fellowship with God. The best example from scripture is Job. Job went through the worst suffering a human could imagine. He lost virtually everything, his wealth, his health, and even those who were closest to him. We know that God's purpose was to prove a point to Satan but as far as Job was concerned it was for education. Job 42:6 says, "I had heard of you with my ear, now my eye sees you." The end result of what happened to Job was a clearer understanding of God. Job was educated to the place where he saw God like he had never seen him before, which resulted in him being a better man and having a better knowledge on whom God actually is. We have to understand who God is before we can fully worship him!

The benefits of Discipline

If we take a look at Hebrews 12:11, the first part of the text tells us that discipline will be **PAINFUL!** In the present moment, the suffering will not be enjoyable but **Afterwards** it produces fruit to those who have been **trained** by it. When we are in the middle of being disciplined we cannot see the profit at the moment. We are locked into the moment and because of that all the natural senses see the experience as painful. The key word in the passage is **Afterwards**. You have to have a future view whenever you are being disciplined. You cannot get locked into the present but rather focus on the peaceful righteousness that will be produced by it. Another key word in our text is **trained** (Correction, Protection, and Education). To those who have responded properly and avoided the temptation of either breaking out or breaking down, to those individuals, it will produce righteousness and peace. Righteousness and peace go together. When you're righteous, you're at peace! God disciplines His children in order to build us up to righteousness so that we can live a life that is marked by peace!

Closing Thought

Just like in the sport of wrestling, disciplines don't seem too enjoyable at the moment. Practices are hard, weight cutting is difficult and having the time to recover your body almost seems impossible. The reason we put ourselves through the suffering is to see the end product. It is no different in your spiritual walk with the Lord! God allows difficulties in our lives so that we will be made perfect into the Christian that He desires us to be.

Questions for Thought

1. Why is it hard to find joy in the midst of trials?
2. How can we focus on the outcome rather than the present when God Disciplines us?

Extra reading: Hosea 5:15, James 1:2-4, Proverbs 22:15