



The Joys and Fruits of Discipline

Zoom Bible Study | Tuesdays @ 7:00pm (CST)



Lesson Two Poll

Do you classify yourself as “a morning person” or “a night owl”? Yes No

Approximately what time do you normally get up?

- On or before 6am
- Between 6am and 7am
- On or after 8am

Approximately what time do you normally go to bed?

- Around 9:30 to 10:30pm
- Around 11:30 to midnight
- After midnight

Do you become more disciplined as you grow older, or less disciplined? Yes No

Do you need to impose more discipline for your morning hours? Yes No

What areas, if any, do you need to improve for the beginning of your day:

- a. Spend more time with my Bible and prayer.
- b. Have less stress in getting my day started.
- c. Have a more structured beginning to my days.

Do you take care to look as good as possible each morning? Yes No

Do you consider yourself to have mostly good eating habits? Yes No

If you need more discipline in your eating habits, what small steps would you consider:

- Eating smaller portions
- Eliminating over-snacking between meals
- Eliminate something I am not supposed to be eating