



Links Players

Discipline: The Pathway to True Freedom

But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life.

I recently came across a powerful quote on social media that really caught my attention. It said, “Remember, only the disciplined ones are free in life. If you are not disciplined, you are a slave. If you are not disciplined, you are a slave to your moods. If you are not disciplined, you are a slave to your passions.”

The person who said this was Elon Musk. Whether or not you admire him isn't what's important here. What matters is the deep truth behind those words. They line up with what the Bible teaches us about self-control and discipline.

The Bible talks a lot about how important self-discipline is. It's not meant to feel like a burden or a restriction. Instead, it is the foundation for freedom and growth. Here are some Bible verses that really highlight this:

First, Proverbs 25:28 says, “Like a city whose walls are broken through is a person who lacks self-control.” This paints a picture of someone without self-discipline being vulnerable, open to harm, and unable to protect themselves.

Then, in 2 Timothy 1:7, Paul reminds us, “For God gave us a spirit not of fear but of power and love and self-control.” This shows us that self-control isn't just something we have to figure out on our own—it's a gift from God's Spirit, giving us strength and love to live boldly.

Finally, Romans 6:16 tells us, “Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness?” This reminds us that we are always slaves to something, whether it's sin or God.

When we watch the best golfers in the world, we see more than just talent. We see incredible discipline. These athletes commit every day to their goals, stay focused, and make sacrifices. They cut out distractions and follow strict routines. They push themselves even when they don't feel like it because they know that's how they improve.

In the same way, growing spiritually and living in freedom requires discipline. It means making choices that line up with God's calling on our lives, even when it's hard. It might mean fasting regularly, avoiding certain activities, or keeping a daily routine of prayer and study.

Self-discipline is about the mind leading, not the flesh. If we give in to our fleshly desires, we become slaves to our moods, cravings, and passions, as Elon Musk said.

But through God's power, we can take control, and as believers, we don't have to do this alone. The Holy Spirit gives us the power to live with self-control and love. This helps us resist temptation, build good habits, and grow more like Christ.

As we enter this new year, let's take some time to reflect and pray about where we might need more self-discipline. Are there habits or distractions holding you back? Give those areas to God and ask Him to show you where to grow and to give you strength.

None of us has perfect self-discipline; only Jesus did. But we can all grow a little each day, letting go of old habits and becoming better disciples in the areas where we're weak. Self-discipline is not about legalism or obligation. It's about love, love for God and love for others. When we discipline ourselves out of love, we experience His blessings and peace.

Paul reminds us in Romans 6:22, "But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life." Let's choose to be free from the things that hold us back this year. Let's cast off everything that weighs us down and walk confidently as God's disciplined, empowered children.

Prayer: Lord, help us to be slaves for you and not slaves to this world.

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