

2024 Week 34 Filipino Value Focus

“DISCIPLINE AND ORDER”

The body is the strongest and most efficient machine utilized to fulfill our life assignments and responsibilities. It is also considered to be the Almighty God's temple. With these things in mind, we need to keep our bodies sound and healthy. A first century writer admonishes us through his example to discipline our bodies and bring it under subjection. This entails keeping our physical and every aspect of our well-being healthy - our mind, soul and spirit. We need to uphold discipline internally, and demonstrate every positive characteristic of discipline and order towards our family, workplace and society. Then we become the message for others, inspiring them to follow our lead.

Discipline means choosing to do what is right even if we're not necessarily comfortable doing it. Thus, we must train ourselves to be subjected under rules, laws and sound principles. We also subject ourselves under the governing authority and proactively respond to any correction, if there may be. In doing so, we shut down our Selfish Interest Nature (SIN). We no longer heed the selfish voice of the body leading to self-gratification that might hurt us and others. Once the body is brought to subjection, it opens a portal for the accomplishment of goals in all righteousness. Experience proves to us that in every disciplined effort, reward that pertains to life, follows.

Disciplined body results to a healthy lifestyle that allows us to rejoice with our family. We live to the fullest with our loved ones and at the same time function efficiently in the workplace or anywhere we are sent to complete a task. In addition, disciplined practices bring order and safety to the society. These can be exemplified by observing the driving etiquette, proper waste management, observance of 5S (sort, shine, standardize, set in order and sustain), and the like. Through discipline and order, we help make the world a better and more comfortable place to live in.

ACTION PLAN

1. Resolve to do the following know-hows whenever we are disciplining somebody in the family or workplace:
 - Communicate in an equal footing with others and never look down nor belittle them;
 - Approach the situation logically then rebuke with words that build, edify and never with anger;
 - Explain why the behavior affects others, the family or workplace as a whole, and the need for it to be corrected, thereby guiding others towards correctional procedures; and
 - End with positive discipline and do everything in love.

As an organization cannot thrive without a set of reasonable rules, remind ourselves of the simple rules and regulations of the agency and practice them.

DECLARATION

We are the message of discipline and order. Our lives are subjected under the Lordship of the Sovereign God. Once we are subjected to Him, our lives are harnessed to do His will and to execute our assignment towards transformation, restoration and rebuilding of lives, agencies, communities and countries

PRAYER

Almighty God, we acknowledge that this body is Your temple and Your Spirit dwells within. We present to You our bodies as a living sacrifice, holy and acceptable before you. We subject to You our will and emotion. Our selfish interest nature is arrested by Your love and saving grace; thus, we start to have self-control and be transformed into the image and likeness of God. We thank You Lord for when our lives are disciplined, everything roundabout us are also reconciled towards order. Amen