

A person is running on a track, with a tire obstacle in the foreground. The background shows a fence and palm trees under a bright, orange sky. The text "CROSS TRAINING" and "LEARNING SELF-DISCIPLINE" is overlaid in large white letters.

CROSS TRAINING

LEARNING SELF-DISCIPLINE

The logo for "HOT SHOTS" features the word "HOT" in white with a red and yellow flame icon above the letter "O", and the word "SHOTS" in white below it.

HOT
SHOTS

Lesson 1

The Word I Love To Hate

Discipline Is a Choice

- **1 Corinthians 9:25**

Discipline Is Unnatural and Painful

- **1 Corinthians 9:27**
- **2 Timothy 2:5**

Discipline Is an Expression of Love

- **2 Timothy 2:4**

Discipline Is Obedience to the Rules

- **2 Timothy 2:5**

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Lesson 2

From Fat to Muscle

It Is Commanded

- **1 Timothy 4:7**

It Keeps You Eligible for Service

- **1 Corinthians 9:27**

It Makes You More Godly

- **1 Timothy 4:7**

It Helps You Control Your Body

- **1 Corinthians 9:27**

It Reaps Eternal Rewards

- **1 Timothy 4:8—Eternal Life**
- **1 Corinthians 9:25—Heavenly Rewards**

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Lesson 3

Steel in Your Backbone

**Guard your heart by building
a fence of Scripture around
it (vs. 9).**

**Get a focus in your reading
(vs. 10).**

**Memorize the Word to keep
the fence solid (vs. 11).**

**Ask for help to build your
fence (vs. 12).**

**List the qualities of God and
His blessings (vs. 13).**

**You will enjoy seeing your
fence built (vs. 14).**

**You now have something to
mumble about (vs. 15).**

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Lesson 4

More Steel in Your Backbone

Journalizing

- **You Can Chart Your Spiritual Progress (Ps. 119).**
- **It Will Encourage You (Ps. 77:11–12).**

Journalizing

- **It Leaves a Legacy For Others (Exodus; Acts 7).**
- **It Promotes Godliness (1 Cor. 10:11).**
- **God Keeps Records of Spiritual Accomplishments (Mal. 3:16).**

Journalizing

- **Journalizing Helps to Clarify Your Thoughts.**

Fasting

- **Biblical Examples**
- **Purpose for Fasting**
- **Questions and Answers**

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Lesson 5

Holding on to Habits

Everyone Can Become Disciplined

- **2 Timothy 1:7**

The Holy Spirit Empowers Us To Become Disciplined

- **2 Corinthians 3:18**
- **2 Peter 1:3**

Other Christians Help Us Stay Disciplined

- **Hebrews 3:13**

Discipline Is a Good Suffering

- **2 Peter 1:5–6**

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