

Value of Discipline

In May 1996, Miss Venezuela, 5-foot-7 and weighing 118 pounds, won the Miss Universe contest. According to the Chicago Tribune, after her victory reporters asked her what she wanted to do first. "I'm going to do something," she said, "I haven't been able to do for three weeks -- eat, eat, eat and sleep."

Apparently she kept her word. She quickly gained weight, to the point where pageant officials were complaining. One pageant official explained, "She has various swimsuit contracts, and they're not happy that she has gone a bit chubby."

She kept on gaining, though. People Weekly reported that by January 1997, a new personal trainer weighed her in at 155 pounds, and at one point she had increased to 160 pounds. With the help of her trainer, however, within a few months she was back down to an ideal weight of 130 pounds.

Without ongoing self-discipline, how quickly we can squander our accomplishments, whether in diet, exercise, finances or relationships. Self-control must be a lifestyle, not an occasional event. In the spiritual realm, discipline includes prayer, Bible study and church attendance to keep us at our peak for good living and achievement of potential.

--Beecher Hunter