

19: THE DISCIPLINE NO ONE APPLAUDS BUT EVERYONE NEEDS

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In [Week 4: Perseverance & Consistency](#)

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“For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.” — *Hebrews 12:11*

Most men know that one man they admire—the one who leads by serving, listens before speaking, and offers grounded wisdom when it matters. We respect that maturity and spiritual depth, but few want the process that produces it. If we’re honest, we want these traits but are not willing to go through the process that formed them. Hebrews 12:11 echoes, discipline is not pleasant while it is happening. It is painful, repetitive, misunderstood, and often unwanted in the moment.

On the trail, endurance is not built by pausing at scenic overlooks, but by grinding out the long stretches where the terrain offers little relief. At the beginning of the trail, energy is high. But maturity is forged when strength dips, and the trail keeps climbing.

Men do not realize that hardship itself is not the teacher, but endurance is. Two men can walk the same trail—one grows deeper, the other grows bitter, defeated. The difference is response, not circumstance.

Discipline shapes reflexes. It trains a man to remain steady when emotions fluctuate. Over time, walking the trail produces spiritual maturity that cannot be rushed.

APPLICATION

Endurance reshapes a man in ways victories cannot. The process may feel disorienting. Discipline does not produce its fruit early. A man may wonder, “Is this worth it?”

On the trail, mile after mile can cause some men to begin reconsidering their commitment. Fatigue distorts perspective. Discomfort questions direction. Without realizing it, men start rationalizing why exiting the trail may make sense.

Hebrews makes it clear—discipline yields fruit later. Not immediately. Endurance builds maturity by forcing dependence beyond emotion. A man learns to obey without applause, continue without affirmation, and trust without visible outcome.

Endurance stabilizes identity. When a man faithfully walks through hardship, he no longer needs victories to validate his faith. His walk becomes anchored deeper than comfort.

Discipline also produces peace. Not the peace of ease but the peace of alignment—knowing you remained steady when quitting looked like a better option. Steadiness matures the soul.

LIVE IT OUT

Is there one area where discipline feels like a struggle? Lean into what it’s forming. Endurance grows when you keep walking, not at rest stops. The trail of maturity is built through continued obedience in hard miles. Remain steady. What feels painful now is that shaping God’s character isn’t you. This process will steady your walk long after the rough portion of the trail has passed.

PRAY THIS...

“Father, thank you for being by my side as I traverse this trail and learn Your ways.”

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***Information lays the foundation—
Practice builds the man.***

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