



**PHILIPPIANS:  
THE SECRET TO JOY**  
“Importance of Working Out”  
Philippians 2:12-18  
February 20, 2011 PM Service

**Rate Your Spiritual Shape Tonight**

1 2 3 4 5 6 7 8 9 10

**1. The Process of Working Out** Vs 12-13

✓ **Obedience**

*John 14:15, 23-24; John 15:1-11; 1 John 2:3-6*

*1 Corinthians 13:11*

✓ **Our Part** – Work Out with Fear and Trembling  
Working Out What God is Working In

✓ **Our Father's Part** – Works It In Us

**2. The Proof of Working Out** Vs 14-16a

✓ **Conduct**

Not Complaining or Arguing

✓ **Character**

Blameless, Innocent, & Above Reproach

✓ **Consequence & Challenge**

Become Lights

In the Middle of the Dark World

✓ **Call**

Hold fast to the Word of Life

**3. The Pay Off of Working Out - Joy** Vs 16b-18

✓ **Changed Lives**

✓ **Changed Priorities**

✓ **Changed Connections**

**Our Response:**

1. Do you have that personal relationship with Jesus Christ – maybe you circled 1 because you don't have one. Tonight – Great News! – you can! It's as simple as ABC. **Admit** to God you are a sinner, **Ask** for His forgiveness, **Believe** Jesus is God's Son, **Confess** Him as Savior & **Commit** Your Life to Him as Lord.
2. In order for us to be in shape spiritually, we must be connected to His body – without we will wither and grow little if any. Join this church family tonight and be a part of what He is doing. Not been baptized yet? Do that – step out and show the proof of what He has done on the inside – let it show to the outside world.
3. How is your desire to work out today, spiritually? How is the obedience? Are you daily allowing God to work in your life & are you daily doing your part of working out?
4. Are you striving to be blameless, pure and innocent and above reproach in your daily life?
5. Is what Christ doing inside of you showing to the world around you? Is your life a light to the world? Is Christ a part of your life or is He your life?
6. Where are you finding your joy tonight? Is it in serving Him or serving yourself?

## **PHILIPPIANS: The Secret to Joy** **“The Importance of Working Out”**

### **Philippians 2:12-18**

February 20, 2011 PM Service

**ILLUS: Work Out Tape – Buns of Steel, Taiboe, Zumba**

How many of you are in shape? How many of you want to be in shape?  
How many of you are willing to sign up right now to get in shape today?  
Let's talk about our Spiritual Shape tonight – would you take an honest  
look about where you are spiritually?

Scale 1-10, what kind of Spiritual Shape are you in? 1 – not so much,  
10 – way in shape

Last week we talked about the security of our salvation and those links  
in that chain that help us know we are His. We even talked about the  
last 2 Sunday mornings about that amazing master plan. Now tonight  
we talk about the evidence of what Jesus is doing in us – challenging us  
to be in a better spiritual shape everyday - meaning that we are  
becoming more like Jesus everyday.

What we will notice is there is a divine balance that we really can't  
comprehend how God does it all yet we have a vital role to play.

We see this tension if you will in [Ephesians 2:8-9](#) and [James 2:17; 4:17](#)  
[2 Peter 1:3-4](#) echoes this same truth of God's part, then our part [1:5-10](#)

It is not an either or but both and. We must work out but God is the only  
One who can empower us to do so.

### **1. The Process of Working Out** Vs 12-13

#### ✓ **Obedience**

The word means here to place oneself under what has been heard  
and therefore submitting and obeying. What & Who are we called  
to obey? ["If you love Me, you will keep My commandments."](#)

[John 14:15](#) ["If anyone loves me, he will obey my teaching. My  
Father will love him, and we will come to him and make our home  
with him. He who does not love me will not obey my teaching.."](#)

[Jn 14:23-24](#) ["If you obey my commands, you will remain in my  
love, just as I have obeyed my Father's commands and remain in  
his love."](#) [Jn 15](#)

It becomes not a have to, but a want to. And we do so whether anyone is watching or not. As Paul, says, whether in my presence or not, be obedient.

**ILLUS: Child grows older**, don't have to remind them as much. they learn, remember, want to do better. They will mind you whether you are present or not, it does not matter.

Is that they same for you and me today?

Or do we come and hear the same thing week after week yet we live no differently, act no differently, there is simply no internal change, no desire to love Him and therefore obey Him nor any outside changes to what He is doing in us.

**“When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me.” 1 Cor 13:11 NIV**

We cannot and must not depend on someone else to make us spiritually mature – it is our own responsibility with God's help. Now we help each other, we hold each other accountable, and we disciple others, but we must do our part.

### ✓ **Our Part – Work Out with Fear and Trembling**

Working Out What God is Working In - to become more like Him  
Notice, the words fear and trembling. How do we work out this salvation – Greek word *phobos* (phobia) and *tromos* (tremor).

Both of these reactions are proper reactions to the awareness of one's own spiritual weakness and the power of temptation. It's not that we live in fear or dread of God or of judgment, but in the sense of our great desire and passion to want to please the Father by our actions and deeds. It is that deep sense of rear and holy reverence that comes from our deep love that leads us to want to work out our salvation – be disciplined.

Work out – keep working out to completion, to fulfillment.

We work at personal conduct – to live a faithful, obedient life. It involves our active commitment to the Word of God (reading it and applying it to our daily lives). We are called to flee sin, to pursue godliness, to put on the clothes of a child of the King

(Colossians 3:12-17 & Philippians 3:12-16), to fight the good fight and one it goes. The other part is that we are to persevere, to be faithful to the very end. (Philippians 3:8-14)

Our part is to seek Him, to run hard after Him: Spend time daily with Him, in prayer, Bible Study, devotion, memorizing scripture, fasting, etc. We have to discipline ourselves because our flesh does not often want to go there, but we must purpose to do just that very thing. We can't just sit back and expect to grow by sitting there. There is a part that we must play, we must not be lazy in our walk with God. We must guard our heart, be disciplined, think how we act before we do it, think about what to say before we say it, love people based on God's love even though it is hard, be with God's family more, even though your flesh would love to pursue other things

#### ✓ **Our Father's Part**

We are called to yield and surrender to the work of the Holy Spirit in our daily lives. We put ourselves in a place where God can speak to us and mold us and shape us and then where He can use us for His good pleasure – not necessarily for ours! Great news, it is not up to you, it is up to God. It is He who is working in you. Without God working it in us, we are hopeless, in a huge mess. We cannot make things happen in our lives, it must be the active working presence of the Spirit of God!

“Great statement, We must live as if it all depends upon us, knowing that it all depends upon God”

Also, notice God is working according to His Plan and will, not our own and we are ok. We trust Him to do what is best and right.

“for it is God who is at work in you, both to will and to work for His good pleasure.” NASB “because God is working in you to help you want to do and be able to do what pleases him.” NCV

Puts it another way, gives the ability to be able to do what He is calling us to do and that is what pleases Him most.

God is working in our lives, (if we allow Him to and open ourselves up to up, He will not force Himself on us) stirring in our

spirit to love Him more, and obey Him more and follow Him ore and want to please His heart more than we want to please our own.

## 2. The Proof of Working Out Vs 14-16a

There is a reason that Christ wants to work in us, it is so that He can work through our lives to show the world who He is. He does that through people just like me and you. How do we do that?

### ✓ **Conduct** **Not Complaining or Arguing**

We quit complaining about things in life, and we stop arguing with each other. This happens from within, because Christ is working in us, he allows us to be content, not always worried about getting our way! That is sign of maturing in Christ.

“Do everything readily and cheerfully — no bickering, no second-guessing allowed!” MESSAGE When is the last time you did this in your own life, much less be in a place where someone wasn't complaining about something or wanting to argue about what they thought, or who was right or wrong.

### ✓ **Character** – **blameless, innocent, and above reproach**

- **Blameless** to be without defect or blemish. To have no blame placed upon us as we live every day. Our actions show it.
- **Innocent or Pure** to be unmixed or unadulterated. It refers really to our inside character that is really on display
- **Above Reproach** Although some commentaries would not distinguish between blameless and being above reproach, I do. You see, as a child of God, we are certainly to be blameless, but to be walking with Him, we must go the extra mile and that is to be above reproach, for there not be even a hint of doing wrong. We must always err on the side of caution in doing what is right.

### ✓ **Consequence & Challenge** – **lights in the midst of the world**

As a result, we therefore become a light in the darkness  
But please notice, we don't just turn on our light all of sudden, or when we get in certain places, either our light is on or it isn't  
Our walk with the Lord is not to be some corner of our life, just some part if our life, it must be our very life!

Those are the people who hold out the word of life everyday. It is not like, ok Saturday it is time to turn our lights one, no, it ought to be a everyday event with us wherever we are and whatever we do.

**Notice though where this most take place**, and I am convinced if we will reach our community and those around us, we must be in the culture which is going downhill everyday! We can't impact a culture that we are not in or one that we are constantly separated from. This is a great tension, but one that must happen.

✓ **Call – Word of life**

This must happen only by daily holding fast to the Word of life that is the Word of God and also Jesus Himself. And not only is holding onto the Word of Life but holding it out. These words tell us how to have eternal life and how to live this life. It is not our words, but God's Word that counts the most!

Bottom line, many people in this world we are living need some proof, not necessarily of the Bible, but of a child of God who is a living breathing example of what it means to be a child of God. Proof that God is who He says is and what He says is true and that is amazingly and radically affected our lives.

**3. The Pay Off of Working Out - Joy** Vs 16b-18

✓ **Changed Lives** My joy comes from seeing other people's lives impacted. Let's me know I didn't toil in vain – funeral – I want people to be able to say that I was faithful to Christ, that I showed Christ to them – that I loved them and helped disciple them, that I was there for them, that I encouraged them and even challenged them in their walk with Christ or even greater had the chance to lead them to the Lord. If we don't invest in the lives of people we will work in our vain – that is where the true joy comes from. ILLUS: Notes are like gold – facebook –brings joy and sadness. I don't want to waste my life!

✓ **Changed Priorities** I am willing to suffer and sacrifice for the cause of Christ and even for others. Many of us would hopefully say, we'll I will suffer for Christ, but not necessarily someone else

– yet here we see it is for someone else’s faith. That is the measure of or proof is that we are willing to suffer and see that the payoff is great! We experience that true joy, being willing to serve someone else and help them.

- ✓ **Changed Connections** I want to share my joy with others – I want them to have what I have and to experience what I do. Perhaps we don’t share more often because we are not truly experiencing that joy. We find that the greatest joy is sharing the joy of Christ with others – especially those who do not know Christ.