

# Get into the Gym

## Philippians 2:12-18

<sup>12</sup>Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, <sup>13</sup> for it is God who works in you to will and to act according to his good purpose.

<sup>14</sup>Do everything without complaining or arguing, <sup>15</sup> so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe <sup>16</sup> as you hold out the word of life—in order that I may boast on the day of Christ that I did not run or labor for nothing. <sup>17</sup> But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. <sup>18</sup> So you too should be glad and rejoice with me.<sup>1</sup>

In Philippians 1:27-2:18, Paul encouraged the believers in Philippi to maintain unity. The overarching command for this section is found in 1:27, “. . . *conduct yourselves in a manner worthy of the gospel of Christ . . . stand firm in one spirit, contending as one man for the faith of the gospel . . .*” In 2:1-4, he explains the basis of unity. In 2:5-11, he uses the life of Christ as an illustration of that basis. In 2:12-18, he then clarified the believers’ responsibility.

Paul’s emphasis in 2:12-18 is that we are to exercise our salvation by living as a joyful witness.

### Exercise your salvation (12-13).

*With God’s help, live out your faith with great passion.*

### Be a positive witness (14-16).

*Rather than waste your life being negative, serve as a positive model for those who need Christ.*

### Offer a joyful sacrifice (17-18).

*Make serving God and others your primary purpose, and you will experience joy in difficult circumstances.*

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<sup>1</sup> *The Holy Bible: New International Version*. 1996, c1984 (electronic ed.). Grand Rapids: Zondervan.