



## Gospel Workout

Philippians 2:12-18

Adam Jones, April 27 & 28, 2019

### Step 1: Reflect on the Text

Why do we do this first? We always want to start with the Bible. The goal is to meditate on the Word and read it with an ear sensitive to the Holy Spirit's promptings. Look for words or phrases that stand out through logic, repetition, layout, etc.

-  Read the sermon scripture(s) listed above. What stands out to you? What do you find interesting and/or important? What is challenging or causes you to have questions?

### Step 2: Reflect on the Sermon

#### INTRODUCTION

- 1 Alfred Hitchcock said, "Movies are life without the boring parts." What "boring" or mundane parts of your life wouldn't make it into a movie, and yet they are still important?
- 2 What was your one, big takeaway from the sermon? How would you summarize the main theme of the sermon in one phrase or sentence?

#### WORKOUT: CALLING

- 3 Are there places in your life where you've told God, "No trespassing"? When was the last time you closely examined your obedience?

- 4 Paul wrote, “Work out your salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.” When it comes to sanctification, who does the work, you or God?
  
- 5 Discuss the following quote by Richard Lovelace.

We start each day with our personal security resting not on the accepting love of God and the sacrifice of Christ but on our present feelings or recent achievements in the Christian life. Since these arguments will not quiet the human conscience, we are inevitably moved either to discouragement and apathy or to a self-righteousness which falsifies the record to achieve a sense of peace. But the faith that is able to warm itself at the fire of God’s love, instead of having to steal love and self-acceptance from other sources, is actually the root of peace.
  
- 6 God gives you enough power to love the Christian life, and he forgives you when you don’t. Why did Adam say that the first step in sanctification is to look in your bathroom mirror?

#### WORKOUT: CHALLENGE

- 7 Are you a grumbler or a complainer? What makes your list of “Top 50 Things People Complain About”? Why is there a contagious energy to grumbling?
  
- 8 What is “outrage porn”? Why is there a frightened child who is afraid of losing control and entitlement behind our anger?
  
- 9 Why did Adam say, “The real challenge of sanctification is learning to live as a child who has a father”?

#### WORKOUT: COMPLETION

- 10 What is the ultimate end, or purpose, of our Christian obedience?

### **Step 3: Final Reflections**

- † How has your understanding, appreciation, and love for Jesus and the gospel grown as a result of this study?
  
- ♥ In what areas of faith and practice are you feeling convicted by the Holy Spirit to act as a result of this study?