



Introduction:

- The Winter Olympics athletes come from different countries, different cultures, different races, different religions and different sports. But perhaps the one thing they all have in common – the one thing that got them to this elite level – is their tenacious commitment to personal training.
- This morning, we will learn the kind of commitment to spiritual training it takes if we are to grow in our walk with the Lord.

***...work out your own salvation with fear and trembling...
(Philippians 2:12)***

- Paul is talking about the “Walk” part of our salvation: our sanctification, our being saved from sin’s power, our becoming more like Jesus.

God’s Part In My “Work Out”

...for it is God who works in you, both to will and to work for his good pleasure (v. 13).

Trust God that He is at work in you!

- God is the primary agent in our _____.

My Part In My “Work Out”

Maybe the best way to personalize these workout routines is to express them as resolutions.

- **I will be _____ in a rebellious world.**

Do all things without grumbling or disputing... (v. 14)

- **I will walk _____ in a messed-up world.**

...that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation... (v. 15)

- **I will shine _____ in a dark world.**

...among whom you shine as lights in the world... (v. 15)

- **I will speak _____ to a dying world.**

...holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain (v. 16).

Conclusion: