

The logo features the word "JOY" in large, bold, white letters with a colorful, multi-colored outline. Below it, "in" is written in a smaller, white font, and "PHILIPPIANS" is written in a larger, bold, white font. The background is dark blue with a subtle, colorful, circular pattern.

The Discipline of a Daily Workout  
Philippians 2:12-13  
September 15, 2019

Merriam Webster - Discipline:

"Training that corrects, molds, or perfects the mental faculties or moral character."

Four Steps to Discipline:

1. Do *what* has to be done.
2. Do it *when* it has to be done.
3. Do it *as well* as it can be done.
4. Do it *that way* all the time.

I Timothy 4:7 Exercise yourself toward godliness.

A.T. Robertson:

"Personal urgency is suggested here. The word "train" comes from the Greek word "gumnos", which means "naked" and is the word from which we derive our English word gymnasium. In traditional Greek athletic contests, the participants competed without clothing, so as not to be encumbered. Therefore, the word "train" originally carried the literal meaning, to exercise naked. This is a word with the smell of an actual gym in it. The implication is that every disciple of Christ must exercise some spiritual sweat."

Hebrews 12:1 (NKJV) Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us.

Kent Hughes

"Disciplines of a Godly Man"

"If you are married, the presence or lack of spiritual discipline can serve to sanctify or damn your children and grandchildren. Spiritual discipline, therefore, holds huge promise for this present life."

I. The Discipline of Tender-Heartedness

Philippians 2:12a (NKJV) Therefore, my beloved...

Two great words come to mind about Jesus' ministry:

1. Compassion

*Philippians 2:12a (NKJV) Therefore, my beloved...*

2. Concern

*Philippians 2:12a (NKJV) Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence...*

Paul did two things in his concern:

1. He thanked them for past obedience
2. He thanked them for present obedience

Takeaway:

The worst thing we can do as a church today is to dwell on our yesterdays. We will never reach today's community with yesterday's memories. My need for fresh passion and vision for today is greater than all my yesterdays. My vision for today must be stronger than my vision of yesterday. And your commitment to follow my vision is of greater importance today than yesterday.

II. The Discipline of Total Surrender

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

A. A personal challenge

*Romans 4:4-6 (NKJV) Now to him who works, the wages are not counted as grace but as debt. <sup>5</sup>But to him who does not work but believes on Him who justifies the ungodly, his faith is accounted for righteousness. <sup>6</sup>Just as David also describes the blessedness of the man to whom God imputes righteousness apart from works.*

F.B. Meyer:

"He may be working in you to confess to that fellow Christian that you were unkind in your speech or act. Work it out. He may be working in you to give up that line of business about which you have been doubtful lately. Give it up. He may be working in you to be sweeter in your home, and gentler in your speech. Begin. He may be working in you to alter your relations with some with whom you have dealings that are not as they should be. Alter them. This very day let God begin to speak, and work and will; and then work out what He works in. God will not work apart from you, but He wants to work through you. Let Him. Yield to Him and let this be the day when you shall begin to live in the power of the mighty Indwelling One."

B. A passionate commitment

*Philippians 2:12c (NKJV) ...with fear and trembling.*

III. The Discipline of Determined Difference

*Philippians 2:13 (NKJV) For it is God who works in you both to will and to do for His good pleasure.*