

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

The Discipline of a Daily Workout
Philippians 2:12-13
September 1, 2019

Oddly enough, Americans spend over \$27 billion each year on physical fitness. The average cost for a gym membership is about \$30-\$40 per month. But did you know that over 80% of the people who pay monthly fees to their gym never actually fulfill their membership? Over 80% of all people actually quit within a three-month period. Why do 80% of all these people quit? Because its hard! It hurts so bad!

1 Timothy 4:8 (NKJV) For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

1 Corinthians 9:24-27 (NKJV) Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. ²⁵And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.²⁶Therefore I run thus: not with uncertainty. Thus, I fight: not as one who beats the air. ²⁷But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

Takeaway:

I have always believed that the single greatest act that separates the average person from a great person is personal discipline. Discipline in my physical and spiritual life is essential for spiritual and physical success.

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

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 2:12 (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 our commitment to follow our Lord's 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. ⁵But to him who does not work but believes on Him who justifies the ungodly, his faith is accounted for righteousness. ⁶Just 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 2:12b (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.