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A Salvation Work Out Plan (I); Phil 2:12-18

GPBC

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Introduction – If you know me at all and you noticed “work out” is in our text, then you already know what’s coming. Because we are created body and soul, physical and spiritual, as one person, there are many parallels between our physical and spiritual lives. Paul used physical descriptions often to illustrate spiritual realities – fight, box, run.

If you want to improve your health or improve your game or prepare for a competition or recover from injury or illness, whatever the reason may be, in order to improve your physical well being, you have to have a plan. You have to know what your goal is and then you have to develop a plan, a roadmap, for how you will reach your goal. Going to the gym, or going to practice, or going to therapy is not the goal – those are examples of the roadmap. You can always tell who has a goal and who has a plan to reach it. If you watch people in the gym, some meander from exercise to exercise, do a little of this and little of that, and leave. These gym members put the out in workout. But some are there to train. They have a system. They have a plan. They are focused. They have a process. They are consistent. And overtime you notice the change. These people put the work in workout. They are the ones who see results.

The same is true in our spiritual lives. We can meander and go from thing to thing, try a little of this and little of that. Just doing enough to say that we’ve done something, but really never accomplishing or achieving any gain or any growth in our walk with the Lord. We hang around spiritual things but our spiritual lives never display change. We’re the same today as we were ten or twenty years ago. We never had a plan, a goal, a roadmap. We never trained hard or put in the work. We may be active physically, but we’re used to being spiritually lazy. We might have a lot to show in our educational pursuits, or vocational pursuits, or life pursuits, but there’s not much to show in the way of spiritual pursuits.

Today we’re going to look at a salvation work out plan. Our desire is to grow in Christlikeness, to be stronger in our faith, deeper in our affections and worship of God. We want to learn how to flex our spiritual muscles.

- I. How To Work Out Your Salvation
 - a. Therefore – based on what Christ has done for us! Christ is our goal and Christ is our motivation, our reason. When we look to the coming of Christ, and His life, death, and resurrection, and return, when we look to Christ and all He has done to save us – the humiliation of Christ and the exaltation of Christ should move us, and compel us, and energize us to live for Christ. To get to work! If you're not moved, stay there until you are! Christ is our foundation for everything. Listen to sermons on the cross, listen to songs on the cross, read Scripture – until you are overwhelmed with Christ!
 - i. You have to have motivation to work out physically. Christ is our motivation to work out spiritually!
 - b. My beloved, as you have always obeyed – Paul is addressing those who are serious about their faith, who desire to please the Lord, who want to grow – now is the time to get to work, now is the time to grow – work out your own salvation – focus on your faith, your walk – quit worrying about Susan and John and Mary and Jo, what they do and what they don't do and what they should do and shouldn't do – and work on where you stand with the Lord! Focus on what you do and don't do and should do and shouldn't do. Work on your heart!
 - c. How? With fear and trembling. Why fear and trembling?
 - i. We need to work out our own salvation with fear and trembling first to make certain we even have a salvation to work out. 2 Pet 1:10 – be all the more diligent to confirm your calling and election. First, make sure you really have it! Because if you have been wandering around spiritually for years, and you haven't really grown in your faith, and God hasn't been cutting away at our residual sin nature and moving us toward fruit of the Spirit, love, and holiness. If we've been hanging around spiritual things here a little and there a little, and there's really been no change of heart that led to a change of life – it might be we got a little religion but we didn't get Jesus!
 1. It's a subtle distinction that it used as a deception by the enemy. We can mistake the method or means of the message for the message. We can replace the message

with the method or means. The message is I am a sinner. I'm not right with God. I can't fix myself. Christ died in my place. He is my Savior. I need Jesus!

2. Walking down an isle, saying a prayer, joining a church – are all methods – they are not the message. We are saved by the message not the method!
3. Ill. Adults/students – baptism and talking to your pastor are methods. Have you talked to Jesus? Have you given your life to Jesus?