

# The Most Profitable Exercise

## I. The Proper Perspective: What are you FOCUSING on? (Chapter 1)

## II. The Proper Philosophy: Who are you THINKING about (Chapter 2)

- The Pleading: The Exhortation to Selflessness and Unity (2:1-4)
- The Perfect Example: How can we be of “one mind” (2:5-11)
  
- The Most Profitable Exercise: Work Out your Own Salvation (2:12-16)

### A. What to do?

Work out your own \_\_\_\_\_ (2:12)

What does this NOT mean?

What salvation does this mean in the context?

Referring to \_\_\_\_\_, \_\_\_\_\_ tense salvation meaning our salvation from the power of sin in our lives delivering us to a life of good works.

### B. When to do it?

Just like physical exercise, working out our salvation is to be an \_\_\_\_\_ action. (2:12)

- But now: a temporal adverb, describing the timing of the verb
- Work Out: Present tense verb. NIV: “continue to work out your salvation”

### C. Where to do it?

Working out your salvation is NOT to be done just when around \_\_\_\_\_.

1Cor. 3:1-7, Galatians 2:20, Philippians 3

Working out is to be done in the presence of \_\_\_\_\_. (2:15)

Matthew 5:15-16

#### D. To what degree or extent?

Just like physical exercise, working out your salvation is to be \_\_\_\_\_(2:12)

- Much More: adverb of degree, to a greater extent  
\*Hebrews 5:12-14

#### E. How we do it?

Progressive sanctification has both a \_\_\_\_\_ and an \_\_\_\_\_ aspect to it.

Our part:

- Obedience, as you have done (in the past) (2:12)
- Fear and trembling (2:12)
- Do ALL Things without complaining and disputing (2:14)
- Hold fast to the Word of life (16)

God's part:

- God is working in you (2:13)
  - Will
  - Do

#### F. Why we do it?

We work out our salvation, because it is what \_\_\_\_\_ God, and brings glory to Him. (2:13)

- Ephesians 1:5-9, 1Cor. 10:13

We work out our salvation, because, we \_\_\_\_\_ as lights (your testimony) (2:15)

- Good to want people to SEE your good works, but its not for them to think well of you, but of God! Matthew 5:16, Titus 3:8

The Philippian's positive testimony would give Paul (their father in the faith and teacher) great joy (2:16)