

## GOD'S GYM (Your Spiritual Fitness)

November 14, 2021 Philippians 2:12-13 by Bob Branch  
Joy Infusion, part 10

*The exercises were within my reach but kept making me reach further.*

**BIG IDEA: Spiritual fitness is working out what God is working in you.**

<sup>12</sup> Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence

**Own your spiritual \_\_\_\_\_**—take responsibility for your walk with God & obedience.

“...everyone who is fully trained will be like their teacher.” **Luke 6:40**

“...you *must* grow in the grace and knowledge of our Lord” **2 Peter 3:18** NLT

**1. Make Jesus your \_\_\_\_\_.**

“In your relationships with one another, have the same mindset as Christ Jesus” **Phil. 2:5**

work out your own salvation with fear and trembling,

**2. Create an \_\_\_\_\_**—apply yourself to knowing, growing, loving, serving, giving and living connected.

“See what this godly sorrow has produced in you...”  
**2 Corinthians 7:11**

**We are NOT working FOR our salvation!**

<sup>1</sup> **Get connected—join a House Church.**

<sup>2</sup> **Create Daily Space to workout.** 15 min.

<sup>3</sup> **Read a Chapter in the Bible,** listen for God.

<sup>4</sup> **Find a place to Serve** at church.

<sup>5</sup> **If in a rut, Change the Routine.**

<sup>6</sup> **Practice Sabbath—learn to find rest & rhythm.**

<sup>7</sup> **Learn the Disciplines of solitude, silence & stillness.**

**Richard Foster: *Celebration of Discipline***

- **Inward:** Meditation, Prayer, Fasting, Study
- **Outward:** Simplicity, Solitude, Submission, Service
- **Corporate:** Confession, Worship, Guidance, Celebration

**3. Know your \_\_\_\_\_: The Lord Himself.**

“When I saw him, I fell at his feet as though dead.”  
**Revelation 1:17-18**

<sup>13</sup> for it is God who works in you,

**4. Always workout with a \_\_\_\_\_: God Himself.**

“My Father is always working to this very day, and I too am working...” **John 5:17, 19** (Eph. 2:10 TPT)

both to will and to work for his good pleasure. **ESV**

**5. God's stirs the \_\_\_\_\_ & \_\_\_\_\_ with the workout.**

“work of faith and labor of love” **1 Thess. 1:3** ESV

**The whole process \_\_\_\_\_ him as we work to PLEASE him.**

“You are my son, my dear son! I'm delighted with you.”  
**Luke 3:22** NTE