

THE JOY OF WORKING OUT

Thinking Points

1. What similarities could there be between maintaining your physical health and maintaining your spiritual health?
2. Have you ever disliked the way you look, spiritually? What contributed to your feeling that way?
3. Read Philippians 2:12-16. Paul says there is both a *working out* and a *working in* related to our faith. Have you believed that deeper faith only involves God working in you? Why or why not?
4. Do you believe that taking responsibility and applying what God is working in us “to will and to act” can actually bring defiant joy in our lives? How so?
5. Why do you think Paul encouraged the church in Philippi to do everything without grumbling and arguing?
6. Imagine if our whole community prioritised both the *working in* and the *working out* of faith. What could that look like if it was practised?

Philippians 2:12-16 NIV

Therefore, my dear friends, as you have always obeyed – not only in my presence, but now much more in my absence - continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act in order to fulfil His good purpose.

¹⁴ Do everything without grumbling or arguing, ¹⁵ so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky ¹⁶ as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labour in vain.

Next Steps

1. How could you start, restart or continue to *work out* your faith during this current season? What do you know you need to do? Take the first step in that direction.
2. Ask a close friend or someone in our community to be your spiritual trainer, to support and encourage you in growing your faith in Jesus.

DEFIANT
JOY

