

# PHILIPPIANS

Rejoice In  
The Lord!

# Salvation Workout

---

Lesson Twenty-Two

# Philippians

## Rejoice In The Lord!

**Lesson Goal:** To assist students in realizing that their salvation is a process. Eternal salvation is guaranteed, but Christian growth on earth demands work.

**Scriptures:** Philippians 2:12

**For Memory:** “Continue to work out your own salvation with fear and trembling.”  
Philippians 2:12b

### Salvation Workout

People who want to be healthier [athletes, and people recovering from some kind of surgery or injury] do exercises. When you put several exercises together, you can call it a workout. The workout stretches and strengthens muscles, gets rid of excess weight, and provides other benefits. Everyone needs exercise.

We have just concluded a series of studies about how we can be like Jesus. And we have seen many things for which Jesus is our perfect example. However, Jesus does not force us to be like Him and do everything He did. There are many people who do great workouts every day. They are great examples for those of us who don't exercise like we should. But, their workout doesn't help us at all. Unless we do it like they do it, we will continue to need exercise.

Our memory Scripture today says that we need to work out. Well, actually work out our own salvation. We should, first of all, know that this does not mean that we are to work *for* our salvation. After all, Paul was writing to people who were already saved...that is they had already confessed Jesus as Lord and asked Him to be their Savior.\* He calls them “saints” in chapter one, verse one. He had addressed this letter to “all the saints in Christ Jesus.” He called them “saints,” which was a normal way of identifying Christians in that day. He also spoke of them as being “in Christ.” So, they weren't in need of salvation.

In this 12th verse, He has also called them obedient. He says that they obeyed, not only when he was there (to watch them), but also when he wasn't there. Remember, we said that those who have the attitude of Christ are obedient just like Jesus was obedient.

So, since Paul is not talking about working *for* your salvation, that is, doing something to earn salvation, what is he talking about? When he said that the Philippians were to work out their salvation, he literally was saying, “keep on working till you have completed the task.” The person doing a physical workout already has a body, they aren't working to get one. The exercise is to improve and condition the body. When they work out, they have a certain number of times each exercise is done. There are so many sit-ups...so many pushups...so many crunches...so many knee

# Philippians

## Rejoice In The Lord!

bends, etc. One has not completed the workout until all the exercises have been done the proper number of times.

We are told in Romans 8:29 that God's intention is for us to be "conformed to the image of His Son." That is a goal to be working toward...shaping our lives so that we match the way Jesus looks and the way He behaved on earth.

So, put on your workout clothes and do your warm-ups. It's time to do your exercises:

1. Watch the leader...He is Jesus and He sets the pace.
2. Remember that the strength you need is from God. He will help you succeed, as we will discover in our next lesson.
3. You do this with "fear and trembling." This means that our determination to be everything God wants us to be is done in the presence and with the power of God. This puts us very close to God and we are always amazed (fear) and somewhat shaken (trembling) when we realize that we are in God's presence.

\*Underlined statements in this Teacher's Guide appear in the Student Worksheet with blanks to be filled in by the student during the lesson. Words in the Student Worksheet may not appear exactly as printed in the Teacher's Guide.



### Teaching Tips:

- There are several scriptures that you should consult as you prepare for this lesson. In Philippians 1: 6, Paul says that God will carry His work forward in you...to completion. Romans 2:8, 9 assures us that our salvation is by grace, not by works. See also Titus 3:5; Romans 5: 9, 10; II Timothy 4:18; Ephesians 2:9, 10.
- For clarity, salvation, as referred to here, is not only the initial experience of justification, it is the continuing experience of being the saved child of God.
- Songs that emphasize Jesus as God, the name of Jesus, grace, imitating our Savior and Lord, and Christian service will be helpful to this lesson.
- Pray with your students, thanking God for sending Jesus to become our perfect example and guide and for giving us strength for working on (out) our salvation.
- Warning! Don't get caught up in an extended discussion of the meaning of "working out your own salvation." There are some Christian denominations that place much more emphasis on behavior as a way to prove to God that you are worthy of salvation. The interpretation here is the approach accepted by most evangelical Protestants.

# Philippians

## Rejoice In The Lord!

### *Student Worksheet*

Lesson Twenty-Two

Page 4 of 4

**For Memory:** “Continue to work out your own salvation with fear and trembling.”  
Philippians 2:12b

### Salvation Workout

=Paul was writing to people who were already saved...that is they had already confessed

Jesus as \_\_\_\_\_ and asked Him to be their \_\_\_\_\_.

=Paul addressed this letter to “all the \_\_\_\_\_ in Christ Jesus.” “Saints,” was a normal way of identifying \_\_\_\_\_ in that day.

=When he said that the Philippians were to work out their \_\_\_\_\_, he literally was saying, “keep on working till you have \_\_\_\_\_ the task.”

=We are told in Romans 8:29 that God’s intention is for us to be “conformed to the image of His \_\_\_\_\_.” That is a \_\_\_\_\_ to be working toward.

=Put on your workout clothes and do your warm-ups. It’s time to do your exercises:

\*Watch the leader...He is \_\_\_\_\_ and He sets the pace.

\*Remember that the strength you need is from \_\_\_\_\_.

\*You do this with “fear and trembling.” This puts us very close to \_\_\_\_\_ and we are always amazed (fear) and somewhat shaken (trembling) when we \_\_\_\_\_ that we are in God’s \_\_\_\_\_.

### How to begin a Personal Relationship with God:

First, believe that there is a God.

Second, believe that Jesus, God’s Son, was sent to earth to die so that you can have a relationship with God.

Third, ask God to forgive your sins in Jesus’ name. Jesus’ death on the cross paid the price of every sin you commit.

Fourth, ask Jesus to be your Savior and the Lord of your life.

Fifth, believe that He has answered your prayer and be determined to live for him all the rest of your life.