

# Life Group Discussion Guide

FIRST CHRISTIAN CHURCH  
WORKOUT

*Philippians 2:12-18*

Stuart Jones - October 23, 2016



## INTRODUCTION

A difference exists between saying and doing. What we do in life speaks far louder than anything we might say. St. Francis of Assisi said "Preach the Gospel at all times and when necessary use words."

It is not uncommon to hear someone say, "I am at a loss for words or I just do not know what to say." Maybe we give too much credit to the power of words. When Christ lives inside of us, our lives glow in the dark, lighting the way for others with a bright and shining example.

In Philippians 2:13 we read, "For it is God who works in you to will and to act according to his good purpose." Notice we are called to act, not to speak.

## DISCUSSION STARTER

1. What is something you worked really hard to achieve (college degree, lose 25 pounds, start for \_\_\_\_\_ team in HS or college)?
2. If you go to the gym now or went in the past, tell us about either a gym success story or a not so successful gym story.

## EVALUATE IT

1. Read Philippians 2:12. Based upon Stuart's message, what does it mean to work out your salvation? Are we saved by the things we do or is Paul suggesting something else?
2. Who is the one who does the work in us? What's God's role in transforming and growing us? What's our role?
3. Why is it important for you and I not to grumble and argue? Why was it especially important for the early believers not to grumble and argue?
4. What does it look like to shine among our generation?

## MAKE IT PERSONAL

1. Stuart said we need to work on our obedience, attitude and our shining. What are some practical tangible things you can do to...
  - a. Up your obedience?
  - b. Improve your attitude?
  - c. Shine a little brighter?

## ILLUSTRATION

In the summer of 1805, a number of Indian chiefs and warriors met in council at Buffalo Creek, New York, to hear a presentation of the Christian message by a Mr. Cram from the Boston Missionary Society. After the sermon, a response was given by Red Jacket, one of the leading chiefs. Among other things, the chief said:

Brother, you say that there is but one way to worship and serve the Great Spirit. If there is but one religion, why do you white people differ so much about it? Why not all agree, as you can all read the same Book?

Brother, we are told that you have been preaching to the white people in this place. These people are our neighbors. We are acquainted with them. We will wait a little while and see what effect your preaching has upon them. If we find it does them good, makes them honest and less disposed to cheat Indians, we will then consider again what you have said.

-Warren W. Wiersbe, Be Hopeful



Interested in joining or starting a Life Group?  
Contact our Life Groups Minister.

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