

Habits of Happiness

Doing the Inner Work

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Philippians 2:12-13 "Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. ¹³For God is working in you, giving you the desire and the power to do what pleases him." (NLT=New Living Translation)

1. Practice a consistent spiritual work out

- Consistent spiritual _____
- Consistent _____

James 2:21-22 "Don't you remember that our ancestor Abraham was shown to be right with God by his actions when he offered his son Isaac on the altar? ²²You see, his faith and his actions worked together. His actions made his faith complete." (NLT)

- Consistent _____
- Consistent Perseverance

Hebrews 10:35-36 "Therefore do not throw away your confidence, which has a great reward. ³⁶For you have need of endurance, so that when you have done the will of God you may receive what is promised." (ESV=English Standard Version)

2. Practice being in awe of God

Philippians 2:12 "...with deep reverence and fear." (NLT)

- A deep awareness that God is _____

Psalms 8:3-4 "When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, ⁴what is man that you are mindful of him, and the son of man that you care for him." (ESV)

- A recognition that following Jesus _____

2 Corinthians 5:10 "For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil." (ESV)

3. Practice the partnership with God

Philippians 2:13 "For God is working in you, giving you the desire and the power to do what pleases him." (NLT)

- God gives us desire for _____
- God gives us power for _____

"...and the power to do what pleases him."

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Discussion Questions:

1. What were you taught about hard work growing up? Was it a good thing or a negative thing? Was it something to aspire to or something to avoid?
2. What do you think about Paul encouraging the believers to "work hard" at showing the results of their salvation? What does this mean for us?
3. What does it mean to practice a consistent spiritual workout? Why is consistency so important? Do you struggle with consistency? What has helped you over the years?
4. How can we grow in our awe and reverence of God? Discuss how working hard at living out our faith impacts this life and the next.
5. Discuss the two ways God is working in us. Why are both of these qualities so important?
6. Finish by talking about the tension that exists in this partnership with God. We are responsible for our effort yet we are not responsible for all of it. God is at work in us as well. How do we maintain this balance?

