

## *Donna's Devotional*

### **Spiritual Workout**

*Wherefore my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do His good pleasure.*

*—Philippians 2:12-13*

Paul is not talking about earning your salvation. He is writing to believers and encouraging them to be faithful. He is telling them how important it is to work out.

I have been going to the gym to include regular exercise in my life and I can see that my spiritual work out has some similarities to my physical work out. First of all it is something I have to do for myself. The scripture indicates that the Philippians were to work out not only in Paul's presence but also in his absence. It is also to be done carefully, "with fear and trembling." Isaiah 66:2 says God looks for worshippers that "trembleth" at His word.

Have you noticed what happens if athletes are not consistent in their work outs? They lose some of their strength. I have watched people prepare for triathlons. I am sure they often feel like they want a day off. But they know a physical work out needs to be consistent, not haphazard and full of excuses like, "I don't have time", or "I have too much to do." If a coach does not accept ones excuses, why should we offer those excuses to God.

As we are faithful in our spiritual work out of prayer and Bible Study, God will accomplish His desire in our lives. We will know His will, obey His will, and become spiritually fit.