

CrossFit // WK 3

Welcome to Faith Students and this is Student Sunday Night! We are jumping into week 3 of our sermon series CrossFit!

- CrossFit - In this series, we will be walking through getting fit in our faith walk. Here at Faith Students, we believe that salvation isn't an ending marker, it's the starting point to a journey of new life and growth. A journey that requires "working out" our faith. So it's time to cut the spiritual fat and get in shape as believers of Christ!
- Last week we spoke what it looks like to have a spiritual diet.

ILLUSTRATION // Have students come up and do different things that would be done in a gym.

- This is what salvation looks like. Just like a gym is a community of people with special membership that get access to all the amenities and equipment, when you say yes to Jesus you become a part of God's community, the church, His body. You receive a new identity in Christ. You get access to everything you need in Him and are equipped for every good work. The only difference is you get free membership because Jesus paid the full price.
- The reality is just like a gym where you can come in and just watch tv or be intentional and workout, in this life of faith we can coast by or we can be intentional with all God has for us. So here is the question:

Tension // What does it look like to work out spiritually?

Scripture // **Philippians 2:12-13**

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 fulfill his good purpose.

PRAY

BREAKDOWN // This text is often misused to make people scared that they can lose their salvation. What does it mean by fear and trembling?

- *(Feel Free to Paraphrase)* - "Paul can hardly be encouraging believers to live in a continuous condition of nervousness and anxiety. That would contradict his many other exhortations to peace of mind, courage, and confidence in the God who authors our salvation. The Greek word translated "fear" in this context can equally mean "reverence" or "respect." Paul uses the same phrase in ([2 Corinthians 7:15](#)) where he refers to Titus as being encouraged by the Corinthians' reception of him "with fear and trembling," that is, with great humility and respect for his position as a minister of the gospel of Jesus Christ. Paul himself came to the Corinthian church in "weakness and fear, and with much trembling" ([1 Corinthians 2:3](#)), mindful of the great and awesome nature of the work in which he was engaged." - The Cross and Salvation: The Doctrine of Salvation by Bruce Demarest
- So what does it mean to work out our salvation with respect and humility for God.

MAIN POINT // To workout our salvation we must lift up the weight of pursuit and perseverance.

PURSUIT //

ILLUSTRATION // Tell a story of a time you worked super hard to reach a goal or chased after something

- In the same way we must pursue the goal. We must lift the weight of pursuit.

- We can't just go into The Lord's Gym aka our faith walk with no drive and purpose we have to go in ready to put in the work.

What does pursuit look like? Is it perfection? Is it striving to be the best? Is it being overly eager? No it looks like OBEDIENCE.

- John 14:15 - "If you love me, you will keep my commandments.
- Matthew 22:36-39 - You shall love the Lord your God with all your heart and with all your soul and with all your mind. **38** This is the great and first commandment. **39** And a second is like it: You shall love your neighbor as yourself.
- Mark 16:15 - Go into all the world and proclaim the gospel to the whole creation
- We don't always connect love to obedience but how we show God we truly love Him is to obey and submit to what he says and what he called us to. This is what he calls us to do:
 - Love Him with everything
 - Love your neighbor (aka everyone)
 - Proclaim the gospel everywhere you go
- We must pursue a holy and set apart life. We must pursue a life of purity. We must pursue a life of undivided attention to the Lord. We must pursue a life of pursuing others by loving them. We must pursue a life of being a billboard for the gospel.
- There is a weight, there's a cost to living a life for Jesus. It will cost you everything.

Application // So the question is are you lifting the weight of pursuit?

- Are you pursuing God and being obedient to what He is calling you to do? Do you truly love God enough to trust and believe what he says? Do you love God enough to stay close to Him even in the tough and busy moments of life? Are you loving others the way God loves you? Are you taking every opportunity to share the good news of Jesus through the way you talk, the things you do, the way you live your life?

PERSEVERANCE // perseverance, of faithful obedience to the end.

- The second part that is just as important is PERSEVERANCE.
- We can't just go into The Lord's Gym aka our faith walk with drive but we also must come with consistency.
 - 1 Corinthians 15:58 - Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.
- "One common myth with weight lifting is if you want to see results you need to lift heavy weight."
 - The truth is it's more about your consistency and form.
 - In the same way life working out our salvation isn't one big moment but it's a consistent lifestyle and a Godly lifestyle.

Application // So the question is are you lifting up pursuit and perseverance? Are your eyes locked on the prize that is Jesus?

Illustration // Have a student lift something heavy or do push ups. And tell them to keep going until you tell them to stop. (Have them keep going until you they can't anymore)

- See this is what it looks like to lift the weight of pursuit and perseverance. This is what it looks like to work out your faith.

- But if we try to do it on our own we will always get tired and fail. We will always stop or give up but that's why the second part of our main verse is so important:
 - **Philippians 2:13** - For it is God who works in you to will and to act in order to fulfill his good purpose.

This is the best part about this faith walk, we have a spotter, a personal trainer, a motivator, an encouragement, called the Holy Spirit that helps us. (Have someone lift them while they do push ups or help them with lifting that heavy thing)

- God has equipped us for this journey. He's in us strengthening us and with us always.

Challenge //

- Continue being consistent in your Bible reading this week
- At school, talk to one person you have never talked to before
- Share your story and invite them to youth next week

Altar //

- Salvation
- Something that incorporates everyone in altar response