

**Stress-Free Living**  
***How Can I Become A Better Person?***  
Philippians 2:12-18

**I. There is a potential to activate - 2:12**

- A. This is not about earning salvation - Eph 2:8,9
- B. To “work out” - mining term. - Rom 12:6
- C. “Fear & trembling” = holy fear. - Rom 14:12

**II. There is a power to stimulate - 2:13**

- A. “Works” comes from energy. Rooted in the Holy Spirit - Eph 3:20
- B. Good pleasure - be like Jesus - Gen 1:26
- C. God’s Word is our manual for right living - II Tim 3:16,17

**III. There is a practice to eliminate- 2:14-16**

- A. Murmuring - bad attitude expressed in complaints
- B. Disputings - expressed opinions that divide
- C. Blameless - the result of refraining our opinions

**IV. There is a person to emulate - 2:17,18**

- A. Paul chooses to see his circumstances as an opportunity to encourage others
- B. Paul’s attitude is a reflection of the life of Christ we are all meant to emulate - Heb 12:2

**V. Change Point:** *Choosing to be like Jesus requires the help of the Holy Spirit and the discipline of right living*