“Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling.”

How many times have you started and stopped working toward the same goal? For me, and many others, I can no longer count the times I have started a new fitness regimen. As a college student, everyone hears about the fear of gaining the freshmen 15. So, in an effort to prevent this reality, I visited the fitness center a few times and often followed along to exercise DVDs with my suitemates in the residence hall lobby. As a young professional, I continued on this journey with setting fitness goals to include the completion of my first 5k. Through these experiences, I have learned that this will be a lifelong journey of trying to become and remain a healthy person.

Paul reminds us in these verses that our relationship with the Lord is a continual journey. It is our responsibility to actively pursue a closer and deeper relationship with the Lord. In obedience, we are to respect our Lord and pursue a life that is pleasing to Him. We are reminded that we are not saved through our works, but are to continue in the work of sharing the Gospel with others because of our salvation.

As you strive to be a healthy follower of Christ, you must make time to deepen your relationship with the Lord so that you can continue His work.

**Life Question:** What is hindering your personal relationship with the Lord?

**Prayer:** Lord, please help me to recognize any hindrances that have entered my life and help me overcome them in order to be obedient as a follower of Christ. Amen.

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