

I. Physical Workout

A. Muscles, workout, resistance, struggle, strain, results

II. The Universal Law of Struggle

A. Everything is a workout

B. Hebrews 12:1-13.

1. Running a race, like Jesus, chastening & Discipline are from training a child, rebuke, scourge.

2. Focus on verse 11.

3. exercised = training children

4. training = gymnastics

III. Life Examples

A. Standing up - astronauts back from space.

B. Education - desired knowledge, instruction, study, test, prove, use knowledge.

C. Exercise

D. Skill training

E. Personal growth - Jacob wrestling with God and having his name changed to Israel.

F. Raising children

G. Learning a musical instrument

H. Sports - football, basketball, horseback riding

I. Designed Pattern - desired outcome, direction, struggle, work, try, begin learning, strengthening, growth, learning, success, continuing discipline, work.

IV. Working in a Factory

A. Design the product, build the product, test the product, rework the product - assembly or techs or engineering, re-test the product, sell the product.

B. James 1:2-4

1. consider, count, reckon, log

2. all joy - more than a positive attitude

3. trials, temptations, struggles, pressure

4. trying, testing of your faith

5. Produces endurance, steadfastness, patience

6. Perfect result or work

7. Perfect, mature and complete, entire

8. Lacking in nothing, wanting nothing

C. Isaiah 30:20-21

1. the bread of adversity and the water of affliction

2. bread and water are good for you

3. adversity and affliction are good for you

D. Words in the family of struggle

chastisement, discipline, enemies like in Judges, scourging, reproof, correction, II Timothy 3:16-17, trials, temptations, war and warfare, discipleship, suffering, work out your own salvation, walk, Christian life, pressing on, good works Eph. 2:10.

V. Response - Purposeful & Calculating

A. My Process

1. A struggle comes
2. I don't like it
3. I decide to get into the workout
4. I put myself into the struggle with a view to obtaining the desired results
5. I reflect on my growth, strengthening, or lesson

B. Will You . . . see yourself as clay and God as the potter:

1. Purpose in your heart to embrace every struggle - right now in prayer!
2. Commit now in prayer to - calculate the joy of each struggle!
3. Take on each struggle and wrestle through it!