

Week Nine Daily Training Tips

God's Gym: Lifting Heavy Weights

personal / group study for use with the message on March 13th and 14th, 2010

"Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when His glory is revealed"
(1 Peter 4:12-13).

In this weekend's message we heard: "If we don't know what God's after, we won't like what He's up to." God wants us to be more and more like Jesus. He uses trials in order to greatly strengthen our faith. Trust God even in suffering.

Introduction.

Higher numbers of repetitions with lighter weights builds tone; but lower repetitions with heavier weights builds new muscle. A trainer may increase the weight load significantly in order to build new muscle. He may 'spot' for you on the bench press so that you can lift to the point of muscle exhaustion. Muscles grow when they are exercised to exhaustion. The same idea applies to spiritual growth. God is after your spiritual strengthening, He wants you to *"be mature and complete, not lacking anything"* (James 1:4).

Read.

1. Meditate on Romans 5:1-11.

This is a powerful passage on what it means to be a child of God. What does this passage have to say about the purpose of trials? Can you see all the ways that *God is for us* in this passage?

2. Read 1Corinthians 12:26,27. Also review Galatians 6:2.

Is there someone you know who is going through a trial and they need your comfort and support? Can you take some time this week to visit that person, call them, or drop them a note? Sometimes the gift of your 'presence' is all they really need.

3. Study 2Corinthians 1:1-11.

Paul is reflecting on some intense suffering that God allowed him to go through, to the point of almost dying. What does Paul say about the comfort he experienced in his suffering? What is one of the key purposes that God has in mind when we *receive* such comfort? (Note v.4.)

4. Read James 1:1-3 and 5:7-20. Read 1Peter 2:19-25; 3:14-17 and 4:15-19.

There was much suffering in the early church, therefore the N.T. letters often address the topics of suffering and trials. What lessons can you glean from James and Peter on how we should respond to trials of various kinds?

5. “Waiting” upon the Lord.

This is an important part of spiritual growth – to learn to ‘wait’ (rest, hope, trust) upon the Lord in the midst of a trial. Psalms has a lot to say about ‘waiting.’ This is because most of the Psalms are like journal entries from real people as they were going through the real ups and downs of life . . . and wrestling with God in the process. You will find a very ‘human’ touch in the Psalms. Look up the following passages and study this concept. Note: In some translations, the word “wait” is translated as “hope.”

Psalm 25:3

Psalm 25:5

Psalm 25:21

Psalm 27:14

Psalm 37:7-9

Psalm 39:7

Psalm 62:5-8

Psalm 130:5-8

**All scripture taken from the New International Version (NIV) unless otherwise noted.*



Oak Pointe Church

Saturday Services @ 5:15 p.m. Sunday Services @ 9:15 and 11:15 a.m.
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