

# Sermon Notes

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## GET IN GOOD SHAPE

Travis Eades | Steadfast | September 18, 2022

1. God uses the \_\_\_\_\_ to show you his \_\_\_\_\_ .

This trouble you're in isn't punishment; it's training, the normal experience of children... God is doing what is best for us, training us to live God's holy best. (Hebrews 12:8,10 MSG)

God is at work in you, both to will and to work in his good pleasure. (Philippians 2:13 RSV)

He will equip you with everything good that you may do his will, working in you that which is pleasing in his sight. (Hebrews 13:2 RSV)

2. God is \_\_\_\_\_ you for what he is \_\_\_\_\_ you.

We can rejoice, too, when we run into problems and trials, for we know that they are good for us—they help us learn to be patient. And patience develops strength of character in us and helps us trust God more each time we use it until finally our hope and faith are strong and steady. (Romans 5:3-4 LB)

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