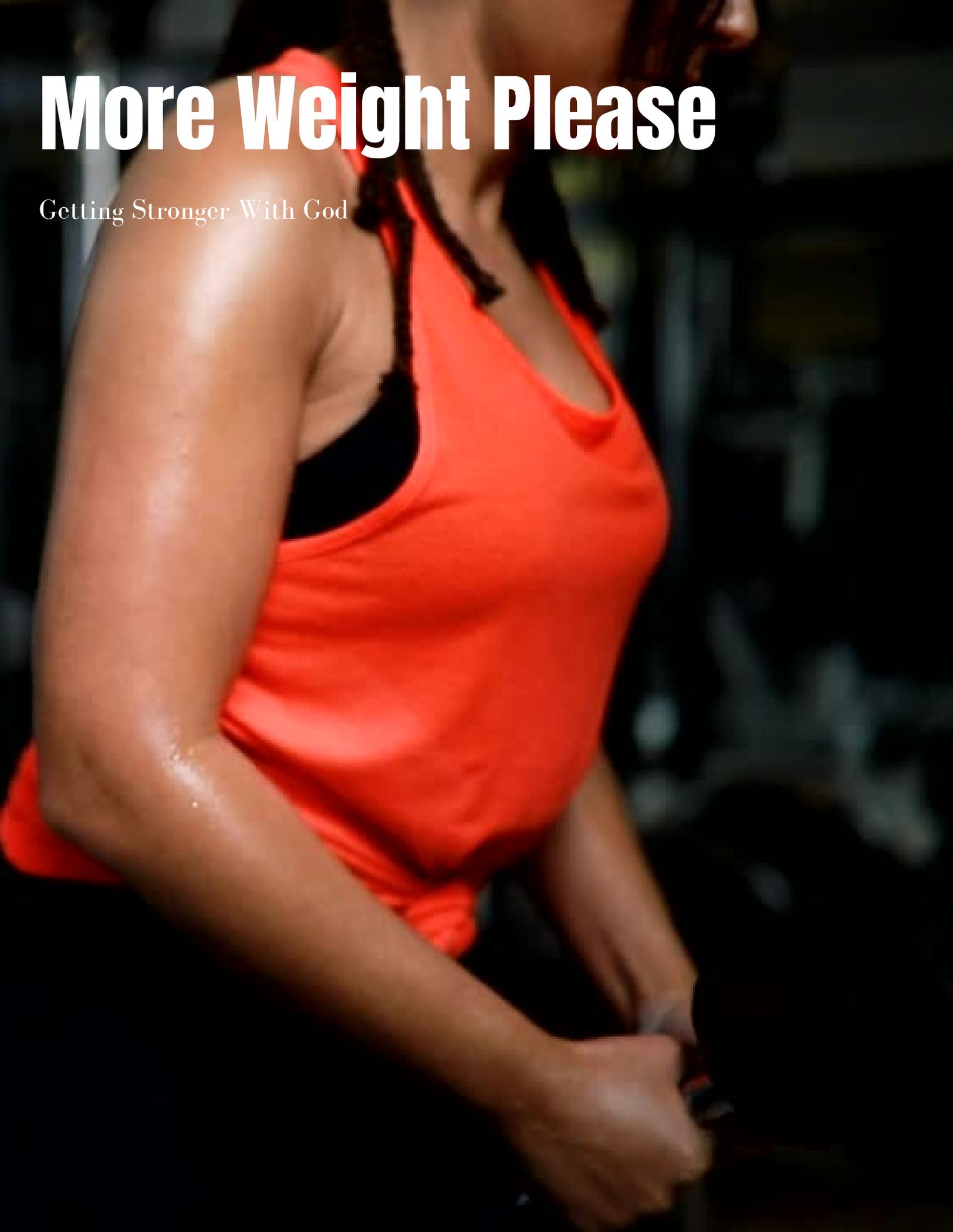


# More Weight Please

Getting Stronger With God



**How many love  
going through a  
hard process to  
achieve the goal ?**



KEEP HANDS AND  
FEET AWAY FROM  
MOVING PARTS AT  
ALL TIMES

**New home**

**Business start up**

**Find your purpose**

**Dream Job**

**Dream body**

**Relationship/marriage**

**Loved one coming to God**

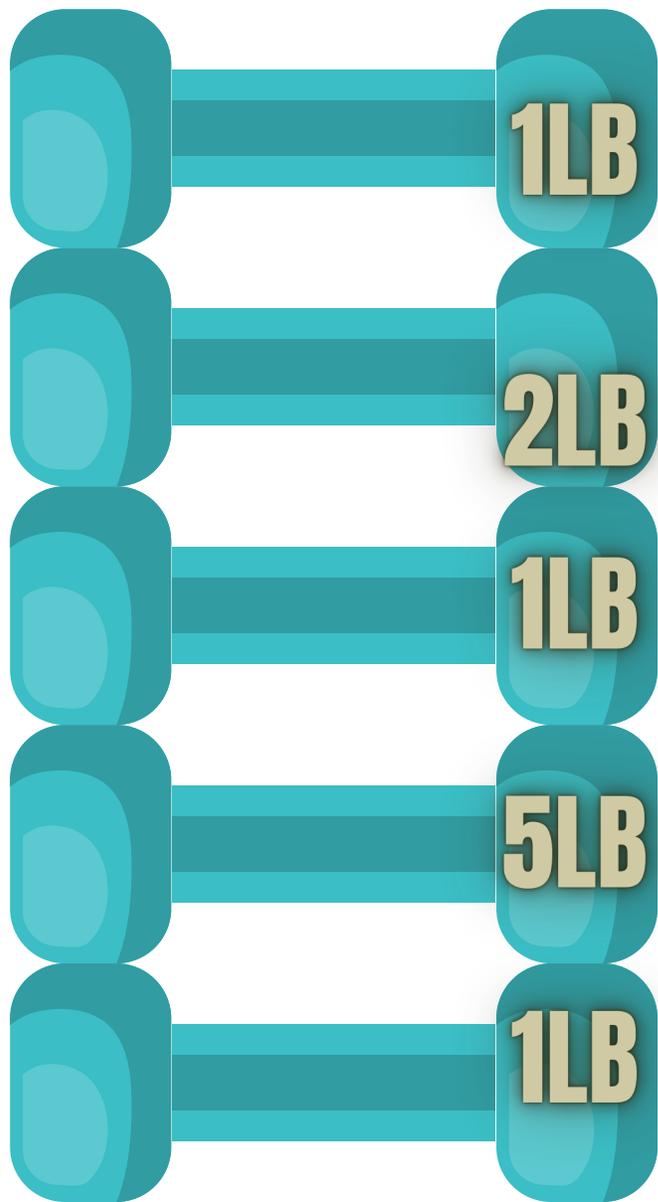
**Having kids**

**Bible study group is formed**

**Increase in Finances**

**Healing from sickness**

# Ok let's look at different weights of life...



**the landlord raised rent**

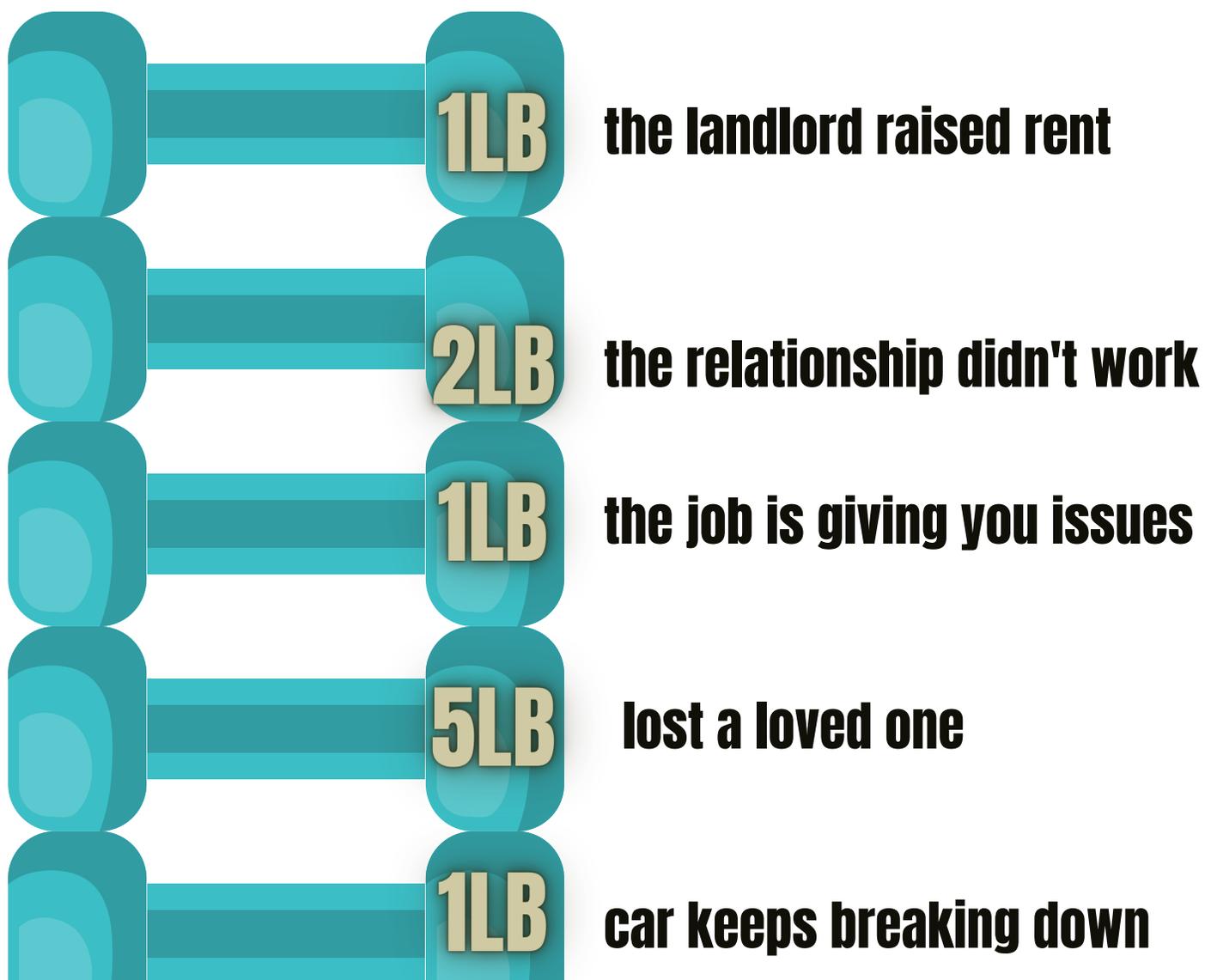
**the relationship didn't work**

**the job is giving you issues**

**lost a loved one**

**car keeps breaking down**

# **You are building strength over time & repetition with each weight you take up**



# MISTAKEN THOUGHT PROCESS

## Bad times = Heavy Weights

**People talking  
about you**

**kids acting up**

**friends acting funny**

**parents stressing  
you out**

**didn't pass the  
exam**

**75LBS**

**job turned you  
down**

**pay cut**

**Single in your 30s**

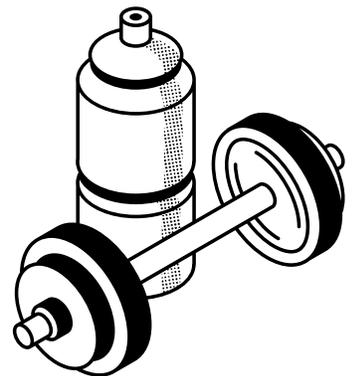
**feeling you can't  
get "it" right**

# CORRECT THOUGHT PROCESS

**Good Times = Heavy Weights**

**Bad times = Warm up/Practice**

Working with a trainer- he/she will warm you up;  
wake up your muscles for the real thing  
But sometimes the warm up feels like the actual  
workout



# SCRIPTURE

- **David- 1 Samuel 22:1-5**
- **Abraham- Genesis 12:1; 17:15-19**
- **Esther- 4:1-17**



Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

James 1:2-4

