



09-13-2026

The Gym Of Life

Spiritual Maturity, Like Physical Strength, Develops Through Consistent Movement

Hebrews 5:7-10 - *While Jesus was here on earth, he offered prayers and pleadings, with a loud cry and tears, to the one who could rescue him from death. And God heard his prayers because of his deep reverence for God. ⁸ Even though Jesus was God's Son, he learned obedience from the things he suffered. ⁹ In this way, God qualified him as a perfect High Priest, and he became the source of eternal salvation for all those who obey him. ¹⁰ And God designated him to be a High Priest in the order of Melchizedek.*

v.8 - *Even though Jesus was God's Son, he learned obedience from the things he suffered.*

More Empathy Than Intelligence.

Personal Connection Than Information.

John 10:17-18 - *"The Father loves me because I sacrifice my life so I may take it back again. ¹⁸ No one can take my life from me. I sacrifice it voluntarily. For I have the authority to lay it down when I want to and also to take it up again. For this is what my Father has commanded."*

The Sufferings Jesus Bore Were The Outcome Of His Obedience

Mark 14:33-36 *"deeply troubled and distressed," "My soul is crushed with grief to the point of death. Stay here and keep watch with me." He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. ³⁶ "Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine."*

1) Jesus Can Sympathize With You In Your Deepest Pain.

2) Jesus Stayed The Course, Choosing Not To Seek A Way Out.

He Demonstrated His Perfection To Us

2 Corinthians 5:21 - *For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.*