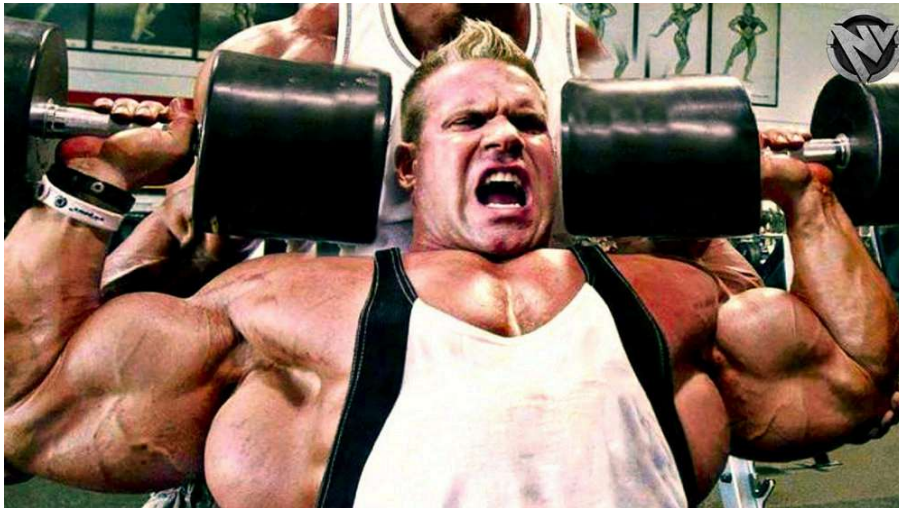




NO PAIN, NO GAIN



Just in case you were confused...the picture above isn't me.

Neither is the one below...but it's more accurate to my reality.



I used to work out a lot more.

I still do some, but I'm not as consistent as I would like. I've always enjoyed lifting weights and exercising, but I have found that I don't recover nearly as fast as I used to.

Something that I've always heard in my years of exercise, athletics, and simply, life, is that without pain there can be no gain.

For many people the "pain" they experience during and after exercising is unpleasant. There is burning pain that comes to your muscles when you push them to their limit and beyond—to failure. Your muscles contract and get tight, and your legs feel like Jell-O, but the worst is the soreness, or "pain," that you feel over the next few days.

This pain is important and signifies not only that you worked your muscles well, but also that they are healing and getting stronger. Your muscles are being rebuilt to be larger, stronger, and more resilient to handle those same weights or even heavier ones. Over time, you get stronger.

This same concept can be applied to the trials that we experience in life...

James 1:2-4 says, *"Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing."*

Trials are inevitable. The apostle doesn't say, "**IF** you meet trials of various kinds," but "**WHEN** you meet trials of various kinds."

I know here at Bancroft we are experiencing a very significant financial trial at the moment, and our staff are experiencing difficult health trials with our loved ones. Maybe you are experiencing similar trials. Whether health, financial, relational, or issues at your job, trials are hard, and they test our faith and resolve.

Even though trials are hard, and sometimes seemingly unbearable, they are necessary for our growth.

Trials have purpose. When we face them, trusting in the Lord to sustain us, the results in our hearts and lives will be worth the pain.

Job said in **Job 23:10**, *"But he knows the way that I take; when he has tried me, I shall come out as gold."*

I eventually came to the point where I actually enjoy being sore after working out, because I know that the effort and pain is working. The pain has become somewhat pleasant.

I believe that when we face trials, with the help and sustaining presence of the Lord, we can find joy in them and our trials can become reasonably pleasant. It doesn't necessarily make them easier, but we can persevere through them because we know they are accomplishing God's purpose for them in our lives.

I guess the mantra is true: NO PAIN, NO GAIN.

Hang in there.

Derrick Marrs
Ministry Director



READY FOR LAUNCH!!

We are only a week away from the launch of our new podcast, **STOP & Consider!** We have been working hard to film and edit these episodes and hope that you will not only listen/watch them, but will be encouraged through them as well!

Launching on **Friday, October 3**, the first **FIVE** episodes will be available on your podcast streaming platforms (Apple Podcasts, Spotify Podcast, Amazon Podcasts, and Youtube).

Make sure to check them out, leave comments, hit the "Like" and "Subscribe" buttons, and keep coming back to listen to more!

New episodes will be available every two weeks!



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