"No pain, no gain"

Jane Fonda's Workout 1982

2nd Century Rabbi Ben Hei Hei
"According to the pain is the gain."

1650 poet Robert Herrick
"If little labour, little are our gains:
Man's fate is according to his pains"

1734 Benjamin Franklin:
"He that lives upon hope will die fasting.
There are no gains, without pains"

"All life demands struggle. Those who have everything given to them become lazy, selfish, and insensitive to the real values of life. The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today."

Pope Paul VI

Romans 5:3
Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance…

Philippians 1:29
For it has been granted to you on behalf of Christ not only to believe on him, but also to suffer for him

[1]So then, since Christ suffered physical pain, you must arm yourselves with the same attitude he had, and <u>be ready</u> to suffer, too. For <u>if</u> you have suffered physically for Christ, you have finished with sin.

God has given <u>each of you</u> a gift from his great variety of spiritual gifts. Use them well to serve one another.

Do you have the gift of… Then…

Do it with all the strength and energy that God supplies.

Then everything you do will bring glory to God through Jesus Christ.