

From Failure to Fitness

...in all these things we are more than conquerors through him who loved us.
Romans 8:37 NIV

Causes of failure:

- **Difficulties**
- **Sins**
- **Mistakes**

How to benefit from failure:

1. **Embrace it**

My troubles turned out all for the best— they forced me to learn from your textbook.
Psalm 119:71 MSG

Sometimes it takes a painful situation to make us change our ways.
Proverbs 20:30 GN

2. **Own it**

People ruin their lives by their own stupidity, so why does God always get blamed?
Proverbs 19:3 MSG

Angry people [are] always blaming others for their troubles.
Job 36:13 MSG

3. **Examine it**

Friends, when life gets really difficult, don't jump to the conclusion that God isn't on the job. Instead, be glad that you are in the very thick of what Christ experienced. This is a spiritual refining process, with glory just around the corner.

1 Peter 4:12-13 MSG

When you have many kinds of troubles, you should be full of joy, because you know that these troubles test your faith, and this will give you patience. James 1:2-3 NCV

4. **Grow from it**

- **Admit it**

...if we admit our sins... He'll forgive our sins... 1 John 1:9 MSG

- **Resist it**

So place yourselves under God's authority. Resist the devil, and he will run away from you. James 4:7 GW

- **Endure it**

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. Romans 5:3 NLT

- **Forget it**

But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal... Philippians 3:13-14 NIV

5. **Win from it**

Blessed are those who endure when they are tested. When they pass the test, they will receive the crown of life that God has promised to those who love him. James 1:12 GW

So we do not look at what we can see right now, the troubles all around us, but we look forward to the joys in heaven which we have not yet seen. The troubles will soon be over, but the joys to come will last forever. 2 Corinthians 4:18 TLB