

STRENGTH IN GOD'S GYM

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MUSIC SHEET

4/4 time (pu = 0)
TEMPO: 88 BPM

www.DianaDeeOsborneSongs.com CCLI 7212688
dedicated to our DEFENDER God, 30 March 2022
Album: Amazing **COMFORTER 'n' Strength**
Ref: 44- and 45-103

PRE-Verse 1: (See Lyrics sheet for all Readings.)

Habakkuk 3:18-19 "Yet I will rejoice in the LORD, I will joy in the God of my salvation. The LORD [YHWH] God is my strength; He will make my feet like deer's feet, And He will make me walk on my high hills.

PRE-Verse 2: **2nd Corin. 12:9** "And [the LORD] said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me." **John 16:33**, Jesus said we **WILL** have tribulations, **but He is WITH** us.

PRE-Verse 3: **Romans 5: 3-5** "We glory in tribulations, knowing that TRIB produces perseverance....."

VERSES		<i>Osborne TExt-Based Notation (OTEN) -- see website tab for full explanation</i>														
	1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+

	D		D7 /C		Bm7		C		(C6)
1a	Here	I	am in	Life's	Gym	a-	gain,		
2a	God,	I'm	here in	Life's	Gym	a-	gain,		
3a	We	get	tired in	Life's	Gym	al-	ways,		BUT
<i>melody</i>	^A	vD	^A - A	vD	^A	- ^B	G		^A

	D		D7 /C		F		E
1b	wish-ing	for	"eas- y",	YET ...	know- ing:		
2b	When I	pray for	"eas- y",	Show me	ag- ain:		
3b	it's a	GOOD	tired-ness.	Know we're	grow- ing.		
<i>melody</i>	^A - A	vD - (D)	^A - A	^A - B	^C - B		

	1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
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	G		Cmaj7		F		Dmaj7
1c	My	Strength	comes from	de-	ter-mined	work-ing,	my
2c	Your	Strength	comes to	me	when I	de- pend	on
3c	When	Faith	is stretched,	Like	mus- cles,	Faith Grows.	God's
<i>melody</i>	^B	A - (G)	^B - vA	(G) - ^B	^C - F	(^A)	^C - B

	Am		Fmaj7		D7		A (major)
1d	mus- cles	with	Faith,	firm- ly	be- liev- ing	and	
2d	Grace	you give	in Weak- ness:	Two	Cor- in- thi ans	12.	
3d	par- a- ble	gives	HOPE,	to	un- der- stand	James One.	
<i>melody</i>	vE - E	^A - A	vE - (E)	^A	A ^C	A B	^C#

	E		STACCATO		A
1e	NOT	when I'm	la- zy,	and	ex- pect- ing
2e	NOT	when I	give up	with	com- plain- ing.
3e	Faith	and en- dur- ance	grow	with	test- ing.
<i>melody</i>	G#	E - E	^F# - G#	vE	E F# G#

	1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
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1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
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	E		C#m		G		C		E							
1f	mus-	cles	of	___	an-	y	kind	___	to	grow	___	in	strength.	___	___	___
2f	Trou-	bles	come,	___	Je-	sus	said,	___	but	keep	___	go-	ing.	___	___	___
3f	Tri-	als	come,	___	Je-	sus	said.	___	See	John	Six-	teen's	end.	___	___	___
<i>melody</i>	^B -	A	vG#	___	^C# -	vG#	^B	___	G	G	^A	A	^B	___	___	___

	C#m		Amaj7		D		Bm7		Gmaj7							
1g	When	we	just	___	sit	like	rocks,	___	Strength	_	starts	___	Crum-bl-	ing.	___	___
2g	He	helps	us,	___	His	prom-	ise,	___	at	___	John	Six-	teen's	___	End.	___
3g	He	gives	Peace	___	as	we'll	see,	___	grow-	ing	in	God's	Good	___	Gym.	___
<i>melody</i>	G#	F#	E	___	^G#	F#	E	___	F# -	F#	^A -	A	vF#	(E)	F#	___

CHORUS	<i>after each verse and 2 measure D-chord interlude</i>														
1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+

	D		Am		G		A		D							
C-1	When	___	trou-	bles	come,	___	___	___	while	we	per-	se-	vere,	___	___	___
C-6	God	___	named	Yah-	weh	___	___	___	IS	my	strength	and	Joy.	___	___	___
<i>melody</i>	vD	___	^B -	A	vE	___	(G	F#)	vD -	D	E -	E	^F#	___	___	___

	Bm		E		Amaj7		A		G							
C-2	Faith	___	grows	with	test-	ing.	___	___	En-	dur-	ance	gives	___	JOY.	___	___
C-7	God	___	makes	our	feet	leap	___	___	like	deer,	so	pow-	er-	ful.	___	___
<i>melody</i>	vD	___	^B -	A	vE	F#	___	___	F#	G# -	G#	A -	A	^B	___	___

	G		Bm7		G		A		D							
C-3	Pa-	tience	will	com-	plete	___	us.	___	James 1:	2,	3,	4.	___	___	___	
C-8	Ha-	bak-	kuk	3:	Eight-	teen,	___	___	Walk	On	High	with	God!	___	___	___
<i>melody</i>	^B -	A	G -	F#	^A -	vD	(D)	___	vD -	D	E -	^G	F#	___	___	___

1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
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	Gmaj7		A6		A		G		F		(F)					
C-4,9	CHOOSE	___	to	trust	___	God.	___	___	DON'T	___	gripe	___	in	His	Gym.	___
<i>melody</i>	F#	___	vD	^F#	___	E	___	___	vD	___	^B	___	A -	G	A	___

	Gmaj7		A6		A		G		(G)		F		(Bm)			
C-5,10	THRU	___	our	weak-	ness	___	___	___	God	___	gives	___	Need-	ed	Strength.	___
<i>melody</i>	F#	___	vD	^F#	___	E	___	___	vD	___	^B	___	A -	G	A	___

Song Story. Written while on the elliptical machine in, yes, in a **gym!** Lay a long legal pad sideways on the 'shelf'... The OTEN method of music notation is easy for setting up LYRICS page -- then later at an instrument, add chords ad melody. James 1 is full of some of my favorite memorized verses of how God helps us to grow our faith, and John 16:33 pretty much tells us that we may as WELL trust God because Life Itself is going to be full of trials, with or without Him. Our peace is when we quit being angry about testing and just TRUST God, rejoicing to know that God cares & will HELP our faith to grow stronger.