

# STRENGTH IN GOD'S GYM

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## MUSIC SHEET

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

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

### PRE-Verse 1:

**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	+	

	<b>D</b>				<b>D7 /C</b>				<b>Bm7</b>				<b>C</b>		<b>(C6)</b>	
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,	___	___
<i>melody</i>	^A		vD		^A - A		vD	___	^A	___			- ^B	G	___	___

	<b>D</b>				<b>D7 /C</b>				<b>F</b>				<b>E</b>		
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		___ - vD		^A - B	___			^C - B	___	___

	1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
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	<b>G</b>				<b>Cmaj7</b>				<b>F</b>				<b>Dmaj7</b>		
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		A

	<b>Am</b>				<b>Fmaj7</b>				<b>D7</b>				<b>A (major)</b>			
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#	___	___

	<b>E</b>		<b>STACCATO</b>				<b>A</b>						
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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# STRENGTH IN GOD'S GYM

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1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

**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. \_\_\_ \_\_\_  
*melody* ^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. \_\_\_  
*melody* G# F# E \_ ^G# F# E \_ F# - F# ^A - A vF# (E) F# \_

**CHORUS** *after each verse and 2 measure D-chord interlude*  
 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. \_ \_\_\_  
*melody* 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. \_ \_\_\_  
*melody* 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! \_ \_\_\_  
*melody* ^B - A G - F# ^A - vD (D) \_ vD - D E - ^G F# \_ \_\_\_

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

**Gmaj7** **A6** **A** **G** **F** **(F)**  
 C-4,9 **CHOOSE** \_\_\_ to trust \_ God. \_ **DON'T** \_\_\_ gripe \_ in His Gym. \_  
*melody* 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. \_  
*melody* 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.