

The Bible Doesn't Say That God Will Never Give You More Than You Can Handle

Key Scriptures

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. 1 Cor 10:13 NLT

We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. ⁹In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. 2 Cor 1:8-9

Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. ⁴⁰There he told them, "Pray that you will not give in to temptation." ⁴¹He walked away, about a stone's throw, and knelt down and prayed, ⁴²"Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine." ⁴³Then an angel from heaven appeared and strengthened him. ⁴⁴He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood. ⁴⁵At last he stood up again and returned to the disciples, only to find them asleep, exhausted from grief. ⁴⁶"Why are you sleeping?" he asked them. "Get up and pray, so that you will not give in to temptation." Luke 22:39-46

TALK IT OVER

Start talking. Find a conversation starter for your group.

- What is the worst advice you have ever heard that was supposed to help or comfort someone that was in a difficult circumstance?
- What do you do to relieve stress when you are feeling overwhelmed?

Start thinking. Ask a question to get your group thinking.

- Read 1 Corinthians 10:13 from a couple of different Bible translations. How have you experienced the truth of this verse in your life as you have grown in Christ?
- How do the relationships we have with other believers play into how God ministers to us both in temptations and the trials that feel so overwhelming?

Start sharing. Choose a question to create openness.

- Share a time in your life where the situation was more than you could handle. What did you learn about yourself and God through that season of life?
- Pastor Lane said in the message, "if God never gave us more than we can handle, why would we need God?" Do you agree or disagree with that statement? Why or why not?
- Think back over your life and walk with Christ. Do you see a link between times of great suffering and growth in your relationship with God? Why do you think that is?

Start praying. Be bold and pray with power.

Father, thank you for always giving us a way out of temptation so that we can escape the trap of sin. Help us to see your provision in those moments. When we feel overwhelmed by life, help us to remember it may be more than we can handle, but it's never more than you can handle. In Jesus name! Amen

Start doing. Commit to a step and live it out this week.

- When you are feeling tempted, decide to look for God's way out. It takes deliberate effort to see it and use it.
- When you are feeling overwhelmed, decide to engage in community not run away from it. God uses His people to help lighten your load.
- Start a Bible Reading Plan that focuses on an area you are struggling with (anxiety, temptation, worry, suffering, etc.) The YouVersion Bible app is a great tool if you don't know where to look.