

“God Will Never Give You More Than You Can Handle”

Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and **the truth will set you free.**” - *John 8:31-32 NIV*

BIBLE REFERENCE

And God is faithful; he will not let you be **tempted beyond what you can bear.** But when you are tempted, he will also provide a way out.” - *1 Corinthians 10:13 NIV*

BIBLE RESPONSE

“My guilt overwhelms me—it is a burden **too heavy to bear.**... I am **exhausted** and **completely crushed.** My groans come from an **anguished heart.**” - *Psalms 38:4,8 NLT*

[Jesus] began to be deeply distressed and troubled. “My soul is overwhelmed with sorrow **to the point of death.**” - *Mark 14:33-34 NIV*

WHY WOULD GOD ALLOW YOU TO HAVE MORE THAN YOU CAN HANDLE?

1. To Teach You To _____ On His _____.

“**In my distress I called to the LORD,** and he answered me.... When my life was ebbing away, **I remembered you,** LORD, and my prayer rose to you.” - *Jonah 2:2,7 NIV*

“The LORD is near to all who call on him, to all who **call on him in truth.**” - *Psalms 145:18 NIV*

2. To Teach You To _____ His _____.

But he said to me, “**My grace is sufficient for you,** for my **power** is made **perfect in weakness.**” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, **then I am strong.**

- *2 Corinthians 12:9-10 NIV*

“In the same way, the Spirit **helps us in our weakness....** And we know that in **all things** God works for the good of those who love him, who have been called according to his purpose. - *Romans 8:26,28 NIV*

DISCUSSION GUIDE

- Let’s tell it like it is for a minute. How much can you handle? Share a typical multi-tasking scenario you handle on a regular basis?
- What’s the worst spiritual advice you’ve ever gotten?
- What’s consuming most of your spiritual energy right now?
- When you’re feeling like you’ve had enough, what are you most likely to: double your efforts, eat something tasty, ask for help, go somewhere peaceful, or take off and do something fun?
- How have you experienced the presence of God when you had more than you could handle?
- What specific weakness do you need to embrace to fully experience the power of God?