



Life Group Discussion Guide

“God Won’t Give You More Than You Can Handle” – 2 Corinthians 1:8-11

JP Mumley – November 16, 2025

Main thought:

God will often allow us to face more than we can handle so we learn to stop relying on our own strength and start relying on His resurrection power. In our weakness, His power becomes most visible and most real.

Ice-Breaker

- Share something you’ve been encouraged by recently.

Questions

1. What stood out to you from 2 Corinthians 1:8-11?
2. Have you ever heard or used the phrase, “God won’t give you more than you can handle”? Where do you think that belief came from for you?
 - a. Why do you think people (especially Christians) feel pressure to appear strong or “put together” even when they’re not?
3. The Corinthian church valued strength and viewed weakness as a sign of spiritual immaturity. In what ways do you see similar attitudes in the American church today?
4. Paul openly “advertises” his weakness and suffering in 2 Corinthians 1:8–9. What does this teach us about Biblical vulnerability?
5. Paul says he experienced pressure “far beyond our ability to endure.” How does this challenge the common “God won’t give you more than you can handle” saying?
6. Paul says, “But this happened that we might not rely on ourselves but on God, who raises the dead”.
 - a. What does it look like to move from self-reliance to God-reliance?
 - b. How does the resurrection—“God who raises the dead”—give hope in overwhelming or painful situations?
7. Paul highlights God’s deliverance: “He has delivered... He will deliver... He will continue to deliver”. How have you seen God deliver you (or someone else) in the past?
8. The message said, “*A burden becomes a blessing when it teaches us to trust*”. Can you think of a time when something overwhelming pushed you into deeper dependence on God?
9. Is there an area of your life right now that feels “beyond your ability to endure”? What would it look like to invite God’s strength into that situation?
10. Instead of praying, “God, get me out of this,” what might it look like to pray, “God, guide me through this”? How could that shift your perspective this week?
11. The message noted that relying on God allows us to *experience* God. Where do you think God may be inviting you to step into “deep waters” that require trust?

Prayer: Take some time to pray for each other.