

Bumper Sticker Theology

God Won't Give You More Than You Can Handle

3-24-19

Spiritual phrases we say:

- Everything happens for a reason.
- God helps those who help themselves.
- God is my co-pilot.

We need to examine these sayings in light of Scripture. Here's why this is important:

1. These statements lead people to conclusions about God, and some of those conclusions are just not **true**.
2. We may be unintentionally hurting people or pushing them away from God when we use these sayings.

Why Do We Say It?

I think we say it as sort of a **spiritual pep-talk**.

- "You got this!" "Hang in there!" "Don't give up!" "God won't give you more than you can handle."

Why Does It Sound Biblical?

1 Corinthians 10- No temptation has seized you except what is common to man. 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 so that you can stand up under it.

The Danger

1 – It tells us lies about _____.

2 – It tells us lies about _____.

3 – It tells us lies about how to _____.

- We self-medicate.
- We isolate.
- We become workaholics.
- We start to abuse substances.

The Truth

- Sometimes you will face more than you can handle.

John 16:33 - "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

YOU...ARE...NOT...ALONE!

- It means that when hard times come, it's all right to admit: "I can't handle this by myself. I need help."
- It means it's all right to lean on God and other Christ-followers to get you through whatever you're going through.
- And it means we don't have to be superheroes because we have a Hero who reigns supreme.

Bumper sticker saying is not true, but the truth we have is even better:

Big Idea: "God will help you handle _____ you've been given."

When we face something we can't handle on our own we need to:

1. Depend on _____.

Psalm 46:1 - God is our refuge and strength, an ever-present help in trouble.

1 Peter 5:7 - Cast all your anxiety on him because he cares for you.

2. Depend on God _____ others.

Galatians 6:2-5 - Carry each other's **burdens**, and in this way you will fulfill the law of Christ. ³ If anyone thinks he is something when he is nothing, he deceives himself. ⁴ Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, ⁵ for each one should carry **his own load**.

• The word **burden** means: _____

• The word **load** means: _____

Next Steps:

1. If you are trying to carry your own problems, recognize you are not alone and release those problems to Christ.

2. Is God trying to use you to assist a person who has more problems than they can handle?