

God Never Said That Series

“God won’t Give you More than you can Handle ”

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 Corinthians 10:13 (NLT)

*My guilt overwhelms me—
it is a burden too heavy to bear.*

*My wounds fester and stink
because of my foolish sins.*

I am bent over and racked with pain.

All day long I walk around filled with grief.

*A raging fever burns within me,
and my health is broken.*

I am exhausted and completely crushed.

My groans come from an anguished heart.

Psalm 38:4-8 (NLT)

He took Peter, James, and John with him, and he became deeply troubled and distressed. He told them, “My soul is crushed with grief to the point of death. Stay here and keep watch with me.”

Mark 14:33-34 (NLT)

Why would God allow you to have more than you can handle?

So we can depend on His presence.

*He said, “I cried out to the Lord in my great trouble,
and he answered me.*

*I called to you from the land of the dead,
and Lord, you heard me!*

*You threw me into the ocean depths,
and I sank down to the heart of the sea.*

The mighty waters engulfed me;

I was buried beneath your wild and stormy waves.

Then I said, ‘O Lord, you have driven me from your presence.

Yet I will look once more toward your holy Temple.’

“I sank beneath the waves,

and the waters closed over me.

Seaweed wrapped itself around my head.

I sank down to the very roots of the mountains.

I was imprisoned in the earth,

whose gates lock shut forever.

But you, O Lord my God,

snatched me from the jaws of death!

As my life was slipping away,

I remembered the Lord.

And my earnest prayer went out to you

in your holy Temple.

Jonah 2:2-7 (NLT)

The Lord is close to all who call on him,

yes, to all who call on him in truth.

Psalm 145:18 (NLT)

Never let the presence of storms , Cause you to doubt the presence of God.

So we can experience His Power.

Three different times I begged the Lord to take it away. Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That’s why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

2 Corinthians 12:8-10 (NLT)

SO WHAT?

What is overwhelming you right now?

Put it down , Hand it off , or Give it to God.

Give all your worries and cares to God, for he cares about you.
1 Peter 5:7 (NLT)

Growth Group Questions

(Questions and Scriptures for further study)

1. Are you a good multi-tasker? Share some of the things you regularly have to do keep everything running in your life?
2. What is consuming most of your energy right now?
3. When you get overwhelmed, what are you most likely to do? Double your efforts, eat something tasty, escape to somewhere else, unplug and do something fun, or ask for help?

Why do you think you do that?

4. Re-read Psalm 145:18. When and how do you typically call out to God?
5. Re-read 1 Corinthians 12:8-10. What specific weakness do you need to embrace to fully experience the power of God?
6. What habits can you develop in order to make Gods presence the first place you go when you are overwhelmed?
7. What is overwhelming you right now? Share with the group and let them help you decide if you should put it down, hand it off, or give it to God.