



God Won't Give You More Than You Can Handle

All of us have heard (or said) familiar Christian axioms that try to communicate wisdom in a few memorable phrases. These are the sayings we find on bumper stickers sold at the local Christian bookstore. "God won't give you more than you can handle." "God helps those who help themselves." "Everything happens for a reason." "God is my co-pilot." What has been your experience with these types of sayings?

Ice Breaker

Share a time you prepared for a race/competition, took on a project at work or started a project at home that was more than you could handle.

Opening Question

What stood out to you from the weekend message? Was there a scripture, principle, or action step that has stuck with you?

Scripture

Read 1 Corinthians 10:13

In what ways can you see how this Bible verse relates to our Bumper Sticker Theology: "God won't give you more than you can handle"? Where do you see it differs?

Read John 16:33

In your own words, what does this verse mean?

Read Psalm 46:1-3

Who does the Psalmist believe is our refuge and strength, why is that important to how we live and see the world around us? Where in your life do you act like you are your own refuge and strength?

Application

Share a time when someone told you “God won’t give you more than you can handle” while you were going through a difficult time. How did it make you feel?

On a scale of 1-10, how peaceful are you in your life? Where do you need the peace to which Jesus refers to in John 16:33?

A way of stating the promise of 1 Corinthians 10:13 is to say: God will help you handle all you’ve been given as you depend on Him and his people. Where in your life do you need some healthy dependence on God and others?

Challenge

Read 1 Peter 5:7 as a group and discuss how you can help one another this week to cast your anxiety upon Jesus.

Pray