

# **"Unbearable Yet Unbreakable"**

*Part two of the series: "Trending Truths: That's Not in the Bible"*

**Sunday, July 15, 2018 • Pastor Kei Omo**

## **God promises special grace for times of severe trial and temptation.**

*"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 of my weaknesses, so that the power of Christ may rest upon me."  
(2 Corinthians 12:9 ESV)*

*"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God." (2 Corinthians 1:3-4 ESV)*

## **God will allow trials beyond our control so that we will trust in Him more.**

*"Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. <sup>10</sup>He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again. <sup>11</sup>You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many." (2 Corinthians 1:9-11 ESV)*

## **God provided a way through Christ to handle whatever will come our way.**

*"I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me."  
(Philippians 4:12-13 ESV)*

*"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it." (1 Corinthians 10:13 ESV)*

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## Grace Group Discussion Guide

For the week of July 15-21, 2018

### Main Passages and Lessons:

"God won't give you more than you can handle" is a commonly misused phrase. It could lead us to believe that we'll never go through things that are difficult or that in our own strength we can get through anything. In reality, we all go through extremely difficult trials in different seasons, some of which are beyond our human ability to bear. As a result, many cope with substances, affairs, or other unhealthy behaviors, often resulting in greater despair, depression, and even thoughts of suicide. The Bible does teach that no matter what we face, God will empower us to overcome if we trust in Him. In His humanity, Jesus faced a trial that He could not bear on His own: the cross. He was empowered by God to overcome through **earnest prayer, trusting surrender**, and the **support of faithful friends**. These are the keys Scripture gives us to be "unbreakable" in our trials as well.

*"And when he came to the place, he said to them, '**Pray** that you may not enter into temptation.' <sup>41</sup>And he withdrew from them about a stone's throw, and knelt down and **prayed**, <sup>42</sup>saying, 'Father, if you are willing, remove this cup from me. **Nevertheless, not my will, but yours, be done.**' <sup>43</sup>And there appeared to him an angel from heaven, strengthening him. <sup>44</sup>And being in agony **he prayed more earnestly**; and his sweat became like great drops of blood falling down to the ground. <sup>45</sup>And when he rose from prayer, **he came to the disciples** and found them sleeping for sorrow, <sup>46</sup>and he said to them, 'Why are you sleeping? Rise and **pray** that you may not enter into temptation.'" (Luke 22:40-46 ESV)*

- In prayer, we are to fervently ask God for what we desire, but must ultimately surrender to His will for our lives.
- When God doesn't remove the trial, He will empower us to get through the trial. We must trust that He has a greater plan for us.
- Don't face trials alone. Involve faithful friends who will pray with us and for us.
- God isn't the cause of temptations or trials, but promises to provide His grace and strength to endure as we keep our focus on Him. (1 Corinthians 10:13 ESV)

### Reflection:

- What stands out to you from the main thought and passages above? How have you wrestled with the phrase "God won't give you more than you can handle"?

### Application:

- Which of the three keys (earnest prayer, trusting surrender, the support of faithful friends) do you need to grow in most? Why?
- What practical steps do you need to take to apply today's discussion to your life?

### Prayer:

- Pray for one another for the trials we are currently facing.
- Pray for one unreached friend or family member that may be in the midst of a trial and that God would use us to minister to them.