

## "God Won't Give You More Than You Can Handle"

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

Sunday, July 15, 2018 • Pastor Kalae George

*"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)

**To fully understand the bible, context is key. (1 Corinthians 10:1-14 NLT)**

*"We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed **beyond our ability to endure**, and we thought we would never live through it. In fact, **we expected to die...**" (2 Corinthians 1:8-9 NLT)*

**Truth: God allows us to experience more than we can handle so that we rely on Him.**

*"In fact, we expected to die. But as a result, **we stopped relying on ourselves and learned to rely only on God...**" (2 Corinthians 1:9 NLT)*

**To rely on His presence.**

*"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the **source of all comfort**. <sup>4</sup>He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. <sup>5</sup>For the more we suffer for Christ, the more God will shower us with his comfort through Christ."  
(2 Corinthians 1:3-5 NLT)*

**To rely on His power.**

*"In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, **who raises the dead**. And he did **rescue us** from mortal danger, and he will **rescue us** again. We have placed our confidence in him, and he will continue to **rescue us**."  
(2 Corinthians 1:9-10 NLT)*

**To rely on His people.**

*"And **you are helping us by praying for us**. Then many people will give thanks because God has graciously answered so many prayers for our safety."  
(2 Corinthians 1:11 NLT)*

**God will give you all the grace you need in every situation you face.**

*"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 12:9-10 NLT)*

## 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.