

"Unbearable Yet Unbreakable"

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

Sunday, July 15, 2018 • Pastor Norman Nakanishi

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

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

"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)

Jesus was tempted to bypass the cross and His purpose.

'...Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.' (Luke 22:42 ESV)

Jesus gives us three keys to being unbreakable: earnest prayer, trusting surrender, and faithful friends.

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"Two are better than one, because they have a good reward for their toil. ¹⁰For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! ¹¹Again, if two lie together, they keep warm, but how can one keep warm alone? ¹²And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken." (Ecclesiastes 4:9-12 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.

Luke 22:40-46 ESV (See message notes, first passage)

- 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 See message notes, second passage)

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.