

He Will Never Give You More Than You Can Handle

Lesson 1 of the series: "The Bible Doesn't Say That"

I. We must pay careful attention to what God actually says more than what we want Him to say.

"So we must listen very carefully to the truth we have heard, or we may drift away from it."

Hebrews 2:1 (NLT)

"Be careful that you do not refuse to listen to the One who is speaking. For if the people of Israel did not escape when they refused to listen to Moses, the earthly messenger, we will certainly not escape if we reject the One who speaks to us from heaven!" Hebrews 12:25 (NLT)

Life Application: You and I can choose our response to what God says...draw near and receive or drift away and reject.

II. God did not say, "I will never give you more than you can handle." Where did this idea come from?

"So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

1 Corinthians 10:12-13 (NIV)

Life Application: Choose to flee temptation...God will always provide the way out.

Note: With temptation you and I have a choice, but we don't have a choice when it comes to experiencing life's hardships.

III. God does say a lot about life being more than we can handle.

A. He tells us the plain truth about life.

"I have told you all this so that you may have peace in me. **Here on earth you will have many trials and sorrows.** But take heart, because I have overcome the world." John 16:33 (NLT)

B. God also gives us some incredible promises when life is more than we can handle.

- God cares for you.

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

- God is with you.

"For God has said, 'I will never fail you. I will never abandon you.'" Hebrews 13:5 (NLT)

- God will give you the strength you need.

"For I can do everything through Christ, who gives me strength." Philippians 4:13 (NLT)

- God never wastes these overwhelming moments.

"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation." Romans 5:3-4 (NLT)

"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. 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."

2 Corinthians 1:3-4 (NLT)

Life Application: You and I need to quit feeding our feelings and to keep building our faith.

Connect Group Questions

1. Think back to a time when you felt your life was overwhelming and your world felt like it was coming apart. How would you have felt at that time if someone said to you, "You know, God will never give you more than you can handle"?
2. In Hebrews 2:1, God says we must listen very carefully to His words. Describe what listening carefully to God's Word means to you. What is the last thing you heard God say to you that you needed to hear?
3. Discuss: If you are not carefully and intentionally listening to God, you are drifting away from Him.
4. God promises a way out from our temptations. Think back to the times you faced temptations. Did you see a way out that God provided (whether you took it or not)? What did that way out look like? (Was it an interruption, a nagging feeling, a Bible verse coming to mind, etc.?) Why is fleeing temptation smarter than trying to resist temptation?
5. Read Psalm 34:19 and 2 Timothy 3:12. Why do so many Christians struggle with the truth that we will face many difficulties and trials in this life?
6. The promises that God gives us for dealing with difficulties seem so simple, but our problems seem so impossible. Which promises of God help you the most when you are overwhelmed?