

HALF TRUTHS

MESSAGE #4: “God won’t give you more than you can handle”

Many Christians try to encourage others, when they are going through difficult times and adversity, by saying “God won’t give you more than you can handle.” The scripture passage that is most often quoted as the source behind the phrase is **1 Corinthians 10:13**. However, upon closer examination, this passage is talking about temptation, not difficult things that come our way. It reminds us that when facing temptation God will give us a way out. Scripture doesn’t promise that God won’t give you more than you can handle, it promises us that God will help us and sustain us at all times – good or bad. That’s why we can say with confidence “God will help you handle all that you have been given.”

ICEBREAKER

On a scale of 1-10, how good are you at multitasking? Give some examples.

DIG DEEPER

1. Think about a time in your life when life was more than you could handle. Talk about how you handled it - the Good and the Bad.
2. Read **Psalm 145:13-18**. How have you experienced God’s presence when you were going through more than you could handle?
3. Read **1 Corinthians 10:13**. What does this verse say God will do? What might “a way out” look like or mean? How is this different from the half-truth we’re exploring?
4. Read **2 Corinthians 1:3-10**. What do we learn about the nature of God? In God’s economy, what is the redeeming value of suffering?
5. What is the one thing you will do to help you with the “more you can handle” in your life?

TAKE IT HOME

This week, prayerfully consider the difficulties you now face, large or small. Ask God to help you with them. Watch for whatever happens within you or around you that positively affects these challenges.