



God Won't Give You More than You Can Handle

NorthRidge Church

Dr. M. David Myers

July 17, 2016

... 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 . . . 1 Cor. 10:13

My guilt has overwhelmed me like a burden too heavy to bear... I am exhausted and completely crushed. My groans come from an anguished heart.
Psalm 38:4,8

...[Jesus] began to be deeply distressed and troubled. "My soul is overwhelmed with sorrow to the point of death..." Mark 14:33-34

Why Would God Allow You to Have More than You Can Handle?

So that You might Learn to _____

"In my distress I called to the LORD, and he answered me... When my life was ebbing away, I remembered you, LORD, and my prayer rose to you..."
Jonah 2:2, 7

The LORD is near to all who call on him, to all who call on him in truth.
Psalm 145:18

So that You might Learn to _____

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 about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.
2 Corinthians 12:9-10

²⁶ In the same way, the Spirit helps us in our weakness... ²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:26, 28

Truth for Life

For the week of July 17, 2016

(Questions and Scriptures for further study)

1. Let's brag for a minute. How much can you handle? Share a typical multi-tasking scenario you handle on a regular basis? What has enabled you to handle this scenario? (education, physical preparation, etc.)
2. Do you ever get overwhelmed? When you are overwhelmed, what are you most likely to do? (double your efforts, eat something tasty, ask for help, go somewhere peaceful, do something fun, or something else)
3. How have you experienced the presence of God when you had more than you could handle? How did that help you? How have you pushed back from embracing those seasons of "more than you can handle?" How does it make you feel to think about laying something down that you care a lot about? What specific weakness do you need to embrace to fully experience the power of God? Is there something that you perceive God is asking you to let Him carry? What habits can you create in order to make God's presence the first place you go when you're overwhelmed?
4. To introduce some different perspectives into the conversation, consider reading some of these verses together.
 - Matthew 11:28-30
 - Exodus 3:11-21
 - 1 Peter 5:7
 - Matthew 6:27
 - Judges 6:15-6
 - Philippians 4:11-13
5. Action Step Challenge . . .
 - What's overwhelming you? Ask the group to help you determine whether to put it down, hand it off, or give it to God.
 - Consider reading this seven-day Bible Plan about how to handle worry on You Version. It can be found at . . . go2.ic/worry
 - Make your own list of Scriptures to read when you feel like you have more than you can handle.

Memory Verse

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Why Would God Allow You to Have More than You Can Handle?

So that You might Learn to **Depend Upon His Presence**

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So that You might Learn to **Experience His Power**

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