Asbury Church
a United Methodist Community

Small Group Study Guide

November 6, 2016

"God won't give you more than you can handle?"

OPENING PRAYER

Faithful God, we give thanks for your presence in our good times and our bad times. Guide us as we explore more deeply your nature and your enduring love for us. In the name of Jesus Christ, who knew what it is to be human. Amen.

SCRIPTURE PASSAGE

1 Corinthians 10:13 Common English Bible (CEB)

13 No temptation has seized you that isn't common for people. But God is faithful. He won't allow you to be tempted beyond your abilities. Instead, with the temptation, God will also supply a way out so that you will be able to endure it. (People usually base the phrase "God won't give you more than you can handle" on this passage)

Psalm 46:1-2 Common English Bible (CEB)

God is our refuge and strength, a help always near in times of great trouble. 2 That's why we won't be afraid when the world falls apart, when the mountains crumble into the center of the sea,

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INTRODUCTION

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 I 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.

Even though the phrase cannot be supported by scripture people often say it. Unfortunately the passage implies that God must have given you the bad things in your life but he will somehow stop giving you bad things when you reach your limit. 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."

QUESTIONS

1) What does the term "God won't give you more than you can handle" mean to you? Have you said that phrase to anyone and why did you say it?

2) The Lord's Prayer says "Lead me not into temptation, but deliver us from evil." Do you think God tempts us? How does God lead us out of temptation?

3) Do you think God sets a limit on how many bad things can happen to us?

4) How do you think God helps and sustains us through difficult times?

5) Do you believe that nothing can separate us from God's love?

FINAL APPLICATION

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