



## Mythbusters Week 3

### DOES GOD PROMISE THAT HE WON'T GIVE YOU MORE THAN YOU CAN HANDLE?

Why would God allow you to have more than you can handle?

He does this so that we can learn to:

1. Depend on His presence.

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

*"Never let the presence of a storm cause you to doubt the presence of God."*

2. Experience His power.

2 Corinthians 12:9-10 - 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. <sup>10</sup>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.

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*"Until God is all you have — you'll never realize that He's all you need."*

- What's the most terrible spiritual advice you've ever gotten?
- What's consuming most of your energy right now?
- When you're overwhelmed, you're most likely to: double your efforts, eat something tasty, ask for help, go somewhere peaceful, or do something fun?
- What habits can you create in order to make God's presence the first place you go when you're overwhelmed?
- What specific weakness do you need to embrace to fully experience the power of God?
- How does it make you feel to think about laying something down that you care a lot about?
- How have you experienced the presence of God when you had more than you could handle?
- What do you think God is asking you to let Him carry?

**To introduce some different perspectives into the conversation, consider these verses.**

Matthew 11:28-30 -

Exodus 3:11-12

1 Peter 5:7

Matthew 6:27

Judges 6:15-16

Philippians 4:13

#### Weekly Challenge.

#### What is your next step?

- What's overwhelming you? Ask the group to help you determine whether to put it down, hand it off, or give it to God.
- Make your own list of Scriptures to read when you feel like you have more than you can handle.