



CHURCH | "God Won't Give You More Than You Can Handle"

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### These Statements are in the Bible – True or False

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| 1. Do nothing to excess, but there is value in moderation in all things.  | T | F |
| 2. Do to others as you would have them do to you.   | T | F |
| 3. Whoever spares the rod hates their children, but the one who loves their children is careful to discipline them. | T | F |
| 4. Money is the root of all evil.   | T | F |
| 5. God works in mysterious ways, His wonders to perform.  | T | F |

#### I. The Origin of "God won't give you more than you can handle."

- The statement is a misquote of I Corinthians 10:13.

*"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."*

#### Putting the Scripture in Context

Now these things occurred as examples to keep us from setting our hearts on evil things as [the Israelites] did. <sup>7</sup> Do not be idolaters, as some of them were; as it is written: "The people sat down to eat and drink and got up to indulge in revelry." <sup>8</sup> We should not commit sexual immorality, as some of them did—and in one day twenty-three thousand of them died. <sup>9</sup> We should not test Christ, as some of them did—and were killed by snakes. <sup>10</sup> And do not grumble, as some of them did—and were killed by the destroying angel.

<sup>11</sup> These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. <sup>12</sup> So, if you think you are standing firm, be careful that you don't fall!

<sup>13</sup> 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.

<sup>14</sup> Therefore, my dear friends, flee from idolatry.

I Corinthians 10:6-14 (NIV)

Note: The scripture is not about God not giving us more than we can handle. It is about God not allowing us to be \_\_\_\_\_ without providing us a way out so that we do not fall into sin.

There is a difference between being burdened with circumstances and life and being tempted to sin.

**God promises us a way out.**

**The problem is that we don't look very hard for \_\_\_\_\_ !**

"God won't give you more than you can handle" is not biblical, but is it true?

## 1. The statement is FALSE based on the first four words:

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The statement implies that all the hurt, pain, sorrow and difficulty you are experiencing is a direct result of God giving them to you.

Difficulty and tragedy are not part of God's perfect plan. They are, however, part of the human experience.

The promises are these:

*God is our refuge and strength, an ever-present help in times of trouble.* Psalm 46:1 (GW)

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

## 2. The statement is FALSE because it frees us from our Christian responsibility to

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*The rabble with them began to crave other food, and again the Israelites started wailing and said, "If only we had meat to eat! <sup>5</sup> We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic. <sup>6</sup> But now we have lost our appetite; we never see anything but this manna!"*

*Moses heard the people of every family wailing at the entrance to their tents..., and Moses was troubled.<sup>11</sup> He asked the LORD, "Why have you brought this trouble on your servant? What have I done to displease you that you put the burden of all these people on me? <sup>12</sup> Did I conceive all these people? Did I give them birth? Why do you tell me to carry them in my arms,... to the land you promised on oath to their ancestors?<sup>13</sup> Where can I get meat for all these people? They keep wailing to me, 'Give us meat to eat!' <sup>14</sup> I cannot carry all these people by myself; the burden is too heavy for me. <sup>15</sup> If this is how you are going to treat me, please go ahead and kill me—if I have found favor in your eyes—and do not let me face my own ruin."*

*<sup>16</sup> The LORD said to Moses: "Bring me seventy of Israel's elders who are known to you as leaders and officials among the people. Have them come to the tent of meeting, that they may stand there with you. <sup>17</sup> I will come down and speak with you there, and I will take some of the power of the Spirit that is on you and put it on them. They will share the burden of the people with you so that you will not have to carry it alone."* Numbers 11:4-6, 10-17 (NIV)

*Carry each other's burdens, and in this way you will fulfill the law of Christ.* Galatians 6:2 (NIV)

## 3. Instead of "God won't give you more than you can handle" say,

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It does not imply that the pain, hurt, and struggles you are going through are God's fault. Instead, it acknowledges that bad things happen in life, and God is there to help you through it.

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me.* Psalm 23:4 (KJV)

The Psalmist doesn't expect God to keep bad things from happening,  
But takes comfort in knowing that he is not alone.