



Myth #5
God Won't Give
You More Than
You Can Handle

*My candle burns at both ends;
 It will not last the night;
 But ah, my foes, and oh, my friends -
 It gives a lovely light!*

- Edna St. Vincent Millay

"For my yoke is easy and my burden is light."

Jesus—Matthew 11:30

"I'll take a break as soon as _____"

"I'll be happy when _____"

1. The first wrong assumption:
Everything you're dealing with is _____.

Sometimes we can be completely in God's will and still face difficulties.

We are hard pressed on every side, but not crushed; perplexed, but not in despair; ⁹persecuted, but not abandoned; struck down, but not destroyed. ¹⁰We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. 2 Cor. 4:8-10

What is God doing when He allows difficulties to come into our lives?

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. Cor. 4:16-17.

What is "eternal glory"?
 Glory is a tough word to define as it describes God's presence, His majesty, what He does, where He's been.



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2. **Second wrong assumption: I should be able to handle this**

By helping each other with your troubles, you truly obey the law of Christ.
Gal. 6:2

3. What to do when you cannot handle something.

The statement, "God will not give me more than I can handle", is actually based on misinterpretation of 1 Cor. 10:13,
No temptation has seized you except what is common to man. 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 stand up under it.

Consider it pure joy, my brothers, whenever you face trials of many kinds, ³because you know that the testing of your faith develops perseverance. ⁴Perseverance must finish its work so that you may be mature and complete, not lacking anything. ⁵If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. ⁶But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. ⁷That man should not think he will receive anything from the Lord; ⁸he is a double-minded man, unstable in all he does.

¹²Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him. James 1:2-8, 12

Let's make it practical: How do I handle overwhelming problems?

1. Get with God. Pray and read the Bible. He will speak to you with peace, comfort, correction, and direction.
2. If something does not align with God's will stand against it in faith. Read Eph. 6:10-18. Too many times Christians are enduring stuff they think is from God when they need to stand against it in prayer.
3. Get other people of faith to stand with you.

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