



**Can I handle this?  
I Can't Handle This (SEP 16)**

**Series Summary:** We've all heard the saying "God will only give you what you can handle." This isn't always true, however. Sometimes we experience moments that we can't handle, and in those times, we are reminded that we must continually rely on God. This four-week series for adults or students helps people reckon with pain and suffering and trust God in the process.

**Big Idea/Question:** It is not about how much we can handle but about how much God can handle when we allow him to carry our load.

## GET THEM TALKING

Do you believe that God will never give you more than you can handle? Take your time as you answer the question.

Another way of asking this is have you ever felt like you have more than you can handle?

What are the does and don'ts of when life has given you far more than you can handle?

## VIDEO TEACHING

**It is not just sometimes but a routine that we have more than we can handle.**

We are not as independent as we want to believe. We want to be in control and be self-reliant. But in doing this we are cutting ourselves off from God's strength...

**2 Corinthians 12:5** I will boast about a man like that, but I will not boast about myself, **except about my weaknesses**

**Paul had reason to be self-confident but he chose not to be.** Why? Why did he choose to boast about his weakness?

**2 Corinthians 12:6-8** Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say, 7 or because of these surpassingly great revelations. Therefore, **in order to keep me from becoming conceited**, I was given a thorn in my flesh, a messenger of Satan, to torment me. 8 Three times I pleaded with the Lord to take it away from me.

**The danger of pride:** We hate feeling helpless and needing other people **but the far greater danger pride and being conceited.**

**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. 10 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.**

**Weak made strong:** When we recognize that we are weak and can not take on everything on our own we are then strong. Why? Because it is then that we rely on God, our fortress, and our strength. The question is what does it look like to do that.....

## SMALL GROUP DISCUSSION

**Psalms 46:1-3** God is our refuge and strength, an ever-present help in trouble.

2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging.

**Psalms 18:2** The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

What do these Psalms tell us about God and who he wants to be in our lives in the midst of a crisis?

God is our refuge and our strength. But often in our time of need, we do not turn to him for comfort. Why? What keeps us from allowing God to be our refuge and strength?

How do we allow God to be our refuge and our strength?

How can we help one another seek out God as our refuge and strength?