



LIFE GROUPS 2019

NLC Life Group Study

Week of March 24, 2019

GOD NEVER SAID THAT |

God Will Not Give You More Than You Can Handle

Life Group Schedule

30 MIN Eat, Meet & Greet

15 MIN Ice Breaker: **Categories.** Divide your group into four teams or more, with about five members each. Encourage them to team with people they know the least. Instruct each team to find at least six things in common with every team member. Don't allow teams to use simple things like height, hair color, or clothing worn. Limiting the similarities to non-material things helps people learn more about each other and engage in active, more meaningful conversations that will promote inclusion and lasting connections. The game ends once every team has come up with six things they have in common; the winner is the team that achieves the objective first.

TRANSITION: As you're gathering, spend some time in **WORSHIP & PRAYER.**

45 MIN | GOD NEVER SAID THAT | GOD WILL NOT GIVE YOU MORE THAN YOU CAN HANDLE

1 CORINTHIANS 10:13

- “God will not give you more than you can handle” came from this incredible but misunderstood verse that talks about *temptation*, not life in general.
 - › **TEMPTATION** is the desire to do something, especially something wrong or unwise. It is an opportunity to do the **RIGHT** thing, as much as the **WRONG**.
- God provides a way to endure every temptation and testing; being tempted doesn't mean you have to take the bait; it doesn't mean you have to fall.
- We misunderstand this passage to mean God would never give us more than we could handle, leading us to believe that when life has taken a bad turn, we feel the need to take control.
 - › This is like saying, “God, I'll give you my life at the beginning—the day I became a Christian, but the rest of my life I'm in control. I make the decisions.
 - › **SURRENDER:** in the eyes of the **WORLD** says, “Lay down your weapons and die.” In the eyes of the **WORD** says, “Lay down your will and live.”

REVIEW PSALM 38:4,8, PSALM 61:2; PSALM 142:3

- “Whelm” means to be buried, or to be submerged. “Overwhelmed” means to be defeated, to bury beneath a large mass, to **DROWN**.

Q1. What kinds of things tend to overwhelm you, exhaust you, or make you feel like you're drowning? When was the last time you felt this way?

- God will meet you there, but He won't leave you there. When you let yourself be overwhelmed with God's grace, you go from exhausted to energized, from stagnant to full of vision.

HOW CAN YOU HANDLE MORE THAN YOU CAN HANDLE?

1. Realize Your Weakness is your Weapon. **2 COR. 12:9, 7-10; COL. 2:6-8; LK. 9:23**

- We come to the end of ourselves when we...
 - › ...**SEEK TO SERVE & NOT TO BE SERVED**, becoming contributors, not consumers, laying down our lives for others.
 - › ...**GIVE BACK**, financially (trusting God w/our finances), prayerfully (seeking God for His will, His healing, His plans), and wholeheartedly (not wanting anything in return).

- › ...CHOOSE TO BELIEVE THE BEST, not controlling the outcome or others, but controlling our perspective with a positive outlook and a good attitude.
- “When we come to the end of ourselves, we come to the beginning of Christ.”—*Charles Spurgeon*
 - › Note: Just because something is in your life, it doesn’t mean that GOD put it there. We can make bad decisions!
 - › Paul had a THORN that brought him to the end of himself and forced him to rely on God.
 - › God never intended for us to do life alone; it’s okay to need help. If God called you to it, it is going to be bigger than yourself.

Q2. What are you carrying by yourself right now that you need help with? Who can come alongside you?

Q3. Or on the flip side of Question 3, who can you come alongside to support, to partner with, or to encourage?

2. RELY on God’s Grace. **PS. 145:18; DEUT. 31:8; 2. COR. 1:8-10**

- A storm is an opportunity to call on God. He is near. In the midst of pain, loss, hurt, what seems like a dead end, God will never leave you or forsake you.
- Never let the presence of a storm cause you to doubt the presence of God. “I would rather be in a valley with Jesus, than on a mountain top without Him.”

3. WALK IN God’s Power. **IS. 40:29-31**

- Step out of the way. Don’t do what He has called you to in your own power. He wants you sailing, not rowing! The strength of God is unending and supernatural.
- If God called you to it, He will empower and equip you for it, so let Him!
- The word *empower* breaks down this way: “em” means “put into,” and “power” means “strength.” Together it means *to put strength into*.
 - › He will give you the POWER to overcome temptation. ...to handle your job. ...to stay committed to your marriage. ...to trust Him. ...to make the right decisions.
- The cross is the supreme example of power in weakness. We look to Jesus who handled it all, who has declared in his all-sufficient strength, “It is finished.”

Q4. In what area of your life do you feel like you’re rowing? Explain.

Q5. What area or situation is God showing you where you need to release control?

PRAY OVER NEEDS, ANNOUNCEMENTS