



Can you Handle It?

Scripture: 2 Corinthians 12:9-12

Series: God Never Said That

Better Question: Why does God allow us more than we handle on our own?

1. He wants to _____ us to _____ on his _____.
 - Jonah 2:2,7
 - Never let the presence of a _____ cause you to _____ the _____ of God.
 - Psalm 145:18

2. To teach you to _____ his _____.
 - You were created to _____ God, to be _____ for him.
 - 2 Corinthians 12:9-10

Start talking.

- Let's brag for a minute. How much can you handle? Share a typical multi-tasking scenario you handle on a regular basis?
- 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?

Start thinking.

- 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?
- To introduce some different perspectives into the conversation, consider reading one of these verses together.

Matthew 11:28-30. 1 Peter 5:7 Judges 6:15-16
 Exodus 3:11-12 Matthew 6:27 Philippians 4:13

Start sharing.

- 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?

Start praying. Be bold and pray with power.

God, I often take on so many things that you never intended for me to carry. At the same time I recognize that I am not relying on you for the tasks that you put before me. When I am overwhelmed and when I am in moments of rest may I sit myself in your presence.

Start Doing:

- What's overwhelming you? Ask the group to help you determine whether to put it down, hand it off, or give it to God.
- Read this seven-day Bible Plan about how to handle worry: go2.lc/worry
- Make your own list of Scriptures to read when you feel like you have more than you can handle.