

REFLECTION GUIDE

1.21.24

INTRO

The phrase, “God won’t give you more than you can handle,” holds a half-truth. That saying is based on a scripture that addresses the temptation the Israelites faced to go back to serving false Gods. God did not say all life situations are within our power to “handle.”

THOUGHTS

PRAYER

Lord Jesus, you came to bring healing and light, pouring out good and perfect gifts. Help me to understand that you are not the source of my problems nor the source of temptation that I may face. Give me a willingness to ask for help when I need it, help both from you and from the people around me. Amen.

DIGGING DEEPER

- Recall a time when a certain situation felt overwhelming. How did you cope with that feeling?
- Read Numbers 11:10-17 and James 1:13-17. Freed from slavery in Egypt by a series of miraculous events, the Israelites still complained about the discomforts of trekking through the desert. They even went so far as to tell Moses they had been better off in Egypt. Moses found the situation discouraging and distressing--more than he could “handle.” But God didn’t scold Moses. Rather, God agreed that he couldn’t handle it alone and told him to enlist help to bear the burden.
 - What stood out to you in these passages?
 - Describe a time when you had to enlist help to get through a tough circumstance.
 - James pointed out that we are tempted because of our own desires not because God is tempting us. How does that make you feel?
- Paul wrote in Romans 8:35-38 that we will experience trouble in this world but that can we never be separated from God’s love. Knowing that Paul’s certainty endured beatings, hunger, and imprisonment, how does that encourage you in your current difficulties?
- How can you intentionally look out for people who may need you to help bear their burdens?