



# Love God Love People Live Like We Mean It

## More Than You Can Handle

### Group Share

1. What is one way you won last week?

Let's start by pulling up and listening to the song, "Surrounded (Fight My Battles)" with Michael W. Smith

### Breaking the myth "God won't give you more than you can handle"

- Jonah's reluctance to go to Nineveh (Jonah 1:1-3; 9-12; 15-17)
- Moses' plea for an alternative spokesperson (Exodus 4:10-13)
- Elijah's moments of despair (1 Kings 19:3-5)

These accounts remind us that even those chosen by God faced immense challenges beyond their own ability. The mark of a truly faithful person is not found in relying solely on their own strength, but in choosing to trust in the limitless power of God to work wonders in their lives.

### God's Strength in Our Weakness:

- "I can do all things through Christ who strengthens me" (Philippians 4:13, NIV)
- "His power is made perfect in my weakness" (Hebrews 4:16 NIV)
- "I will never leave you or forsake you" Deuteronomy 31:6, NIV)

### Tapping into God's Strength:

To harness God's strength in facing challenges, we can adopt lessons from those who triumphed over adversity:

- **Surrender to God's Will:** Jonah's journey demonstrates the importance of yielding to God's plans, even when they differ from our desires. (Jonah 1:1-3; 9-12; 15-17)
- **Embrace Godly Fellowship:** Moses' story highlights the significance of seeking counsel and support from fellow believers. The unity of believers holds a unique power. (Exodus 4:10-16)
- **Believe in Prayer:** Elijah's experience underscores the effectiveness of faithful prayer. God responds to our cries with divine interventions and messages of encouragement. (1 Kings 19:3-8)

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**Pause for 5 Minutes of Journaling**

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**Break into small groups to read discuss the following questions.**

### Questions to Consider:

1. What is the most significant challenge you're currently facing?
2. Do you believe in God's power to resolve your challenges? Why or why not?
3. What steps can you take to rely more on God for overcoming your problems as a Christian?

**Gather Back as One Group and Share What You Got From Today's Discussions - End In Prayer**