

## MYTHBUSTERS — 2

### GOD WON'T GIVE YOU MORE THAN YOU CAN BEAR

*...God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out...* 1 Corinthians 10:13

<sup>8</sup> *We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. <sup>9</sup> Indeed, we felt we had received the sentence of death...*  
2 Corinthians 1:8-9 (NIV)

*My guilt has overwhelmed me like a burden too heavy to bear...<sup>8</sup> I am exhausted and completely crushed. My groans come from an anguished heart.* Psalm 38:4,8

*...[Jesus] began to be deeply distressed and troubled. <sup>34</sup> “My soul is overwhelmed with sorrow to the point of death...”* Mark 14:33-34

### WHY WOULD GOD ALLOW YOU TO HAVE MORE THAN YOU CAN BEAR?

#### • RELY ON GOD'S \_\_\_\_\_.

*“In my distress I called to the LORD, and he answered me...<sup>7</sup>When my life was ebbing away, I remembered you, LORD, and my prayer rose to you...”* Jonah 2:2, 7

*The LORD is near to all who call on him, to all who call on him in truth.* Psalm 145:18

<sup>8</sup> *We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. <sup>9</sup> Indeed, we felt we had received the sentence of death...  
But this happened that we might not rely on ourselves but on God, who raises the dead.*  
2 Corinthians 1:8-9 (NIV)

#### • RELY ON GOD'S \_\_\_\_\_.

*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.* 2 Corinthians 12:9

<sup>26</sup> *In the same way, the Spirit helps us in our weakness... <sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*  
Romans 8:26, 28

• **RELY ON GOD'S** \_\_\_\_\_.

<sup>1</sup> Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. <sup>2</sup> Bear ye one another's burdens, and so fulfil the law of Christ. <sup>3</sup> For if a man think himself to be something, when he is nothing, he deceiveth himself. <sup>4</sup> But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another. <sup>5</sup> For every man shall bear his own burden.

Galatians 6:1-5 (KJV)

<sup>2</sup> Bear one another's burdens, and thereby fulfill the law of Christ. Galatians 6:2 (NASB)

<sup>3</sup> If you think you are too important to help someone, you are only fooling yourself. You are not that important. <sup>4</sup> Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. Gal 6:3-4 (NLTSE)

<sup>5</sup> For each one will bear his own load. Galatians 6:5 (NASB)

<sup>28</sup> Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30 (NLTSE)

## **TALK IT OVER**

1. Talk about some advice someone gave you that was spiritual but not godly, something not in the Bible and really a myth.
2. How have you experienced the presence of God when you had more than you could bear?
3. What specific weakness do you need to embrace to fully experience the power of God?