

Urban Legends: God Wont Give You More Than You Can Handle
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Lynn Haven UMC

Introduction

Where can I get meat for all these people? They keep wailing to me, 'Give us meat to eat!' I cannot carry all these people by myself; the burden is too heavy for me. (Numbers 11:13–14)

Many people make the assumption that commonly used expressions such as “everything happens for a reason” or “God wants me to be happy” are straight out of the bible. We’ve heard them for so long, and they take on some kind of mental biblical footing, so it is easy to become confused by their meaning and origin. This week we are delving into the expression: “God won’t give you more than you can handle.” You’ve undoubtedly heard this before (and maybe even said it) as a means of encouraging someone who is going through a difficult situation. But is this straight out of scripture or perhaps just another example of those spiritual urban legends we have been trying to debunk these past few weeks? Perhaps in what we’ve read from 1 Corinthians 10:13 we have somehow construed this verse to be saying God won’t give us more than we can handle? Let’s dig deeper into what the Bible is really saying about this. Could it be that we have actually been given the gift of “too much”?

Digging Deeper

The Myth: God won’t give us more than we can handle.

The Truth: Life will give us the gift of too much.

The Gift of TOO MUCH teaches us to...

Put something DOWN. (Luke 10:41–42)

- What do we learn from this example in the story of Mary and Martha? Sometimes we get so wrapped up in all we think we “need to do” that we miss the forest for the trees. We miss the people right in front of us that we could be either ministering to or benefiting from their testimony. This story is yet another example of how Jesus is always trying to point us toward what is most important in this life. A right relationship with Him and then by natural progression, with others. Is the gift of too much (activities, bad habits, over committing, etc) getting in the way of spending time in worship? What might you need to put down so you can choose what is better and pick up the habit of building deeper relationships?

Hand something OFF. (Exodus 18:17–18)

- It takes a village. Surely you have heard that expression right? We can’t do it all alone, and oh by the way, God never intended for us to! Is the art of delegation a strong suit or a downfall for you? As we learn from Moses’ father in law in the verses we just read in Exodus, life and all its demands can be a pressure cooker that will blow up in our faces if we don’t tend to it. We are going to wear ourselves out! You have to build up a team of MVPs with whom you can share some of the heavy lifting when life gets a bit overwhelming. Have you looked at your to do list for this week? How could delegation benefit you? Where would you seek assistance if you see that you are being pulled in too many directions? Truthfully, sometimes people just need (and want) to be asked so they can be a blessing. Pray about how you can make this a reality in your life and then...make that call!

Give something to GOD. (Psalms 55:22) (2 Corinthians 12:9)

- Isn't that comforting? God's power works best in our weakness. He doesn't tell us He won't give us more than we can handle. But He does tell us He can handle it all! We have to give Him the reins sometimes and trust that He can do what He says He can do! Why is it such a struggle to give our burdens to God? If we believe we need Him in the life to come, why won't we acknowledge that we need Him even more in this broken place? What does giving it to God look like in your life? What differences do you think people would see in you if you actually did this?

Conclusion

God won't give us more than we can handle is certainly an urban legend. The truth of the matter is, while life may be giving us the gift of too much, God is always by our side and will never leave us without the ability to overcome and endure all things by His power. His grace is enough!