



## ICEBREAKER

Are you familiar with an "urban legend" of some type? An urban legend is a story that is told as truth when in fact there is no truth whatsoever to the story. What are some urban legends that are well known and possibly one you know of that you heard growing up?

## WATCH ONLINE MESSAGE (31 MINUTES)

Watch: [https://youtu.be/x4xJNz\\_sLul](https://youtu.be/x4xJNz_sLul)

## SCRIPTURE READING

Read: 1 Cor. 10:1-14 & 2 Cor. 12:7-10

## DISCUSSION QUESTIONS

• Small Group Leader: Select 3-4 of the following grouped questions for group discussion.

### • QUESTION GROUP 1

**Why is this spiritual myth so dangerous? Believing the myth, "God won't give you more than you can handle" can lead us to what wrong conclusions?**

**Share a personal example of how believing this myth has affected your life.**

**How does this belief lead us to attempt to handle things by ourselves, rather than depend on Christ or share the load with others?**

### • QUESTION GROUP 2

**In what area of your life do you feel God is giving you more than you can handle? Where in your life do you need to say "or" instead of "and"?**

**To what request and to whom do you have the most difficulty saying "no"?**

**What boundaries do you need to set in these relationships?**

### • QUESTION GROUP 3

**Is God asking you to: 1) put something down 2) hand something off 3) give something to Him or 4) do something else? If you need to hand something off, who could share this burden with you? (see Numbers 11:17)**

### • QUESTION GROUP 4

**When have you felt overwhelmed by life? Did this feeling lead you to 1) try harder 2) give up or 3) depend on God and/or others?**

**Why is it beneficial to share our burdens with other believers? Why do you find it difficult to ask for help?**

**Share a time when you handed something off to others. What was the result? What are you holding onto that needs to be given to God?**

### • QUESTION GROUP 5

**In what ways were you taught that you need to be strong (in yourself)?**

**Why are we afraid to disclose our weaknesses to others? What perceived weakness in yourself do you find difficult to accept? How is God using this to bring about brokenness and dependence on Him? How can you allow the Lord's power to be perfected (accomplish it's goal) through your weakness?**

## PERSONAL REFLECTION

Ask God to show you the specific things He wants you to put down. Practice thinking "I can do \_\_\_\_\_ or \_\_\_\_\_" instead of "I can do \_\_\_\_\_ and \_\_\_\_\_."

Ask God to show you the areas in your life where you are relying on your own strength instead of His. Acknowledge this to God and surrender control of these areas to Him.

Make a list of the weaknesses that make your life difficult. Each time you are reminded of one of these weaknesses, thank God for His grace and trust Christ to empower you in this area. Memorize Philippians 4:13.

Spend some time this week giving your burdens to God. Ask Him to reveal His purpose for them in your life. Apply Psalm 55:22 and 1 Thess. 5:18.

## THIS WEEK'S CHALLENGE

The gift of too much teaches you to:

1. Put something down, 2. Hand something off, 3. Give something to God. Allow yourself to give something to God this week and for Him to do a work in your life. Share with someone what God is doing in your faith walk to encourage them in theirs.

## THIS WEEK'S MISSIONARIES

Please keep Jason & Erin Baan and family in your prayers as this week's highlighted missionaries.

## PRAISE REPORTS / PRAYER REQUESTS