

## **“GOD WON’T GIVE YOU MORE THAN YOU CAN HANDLE”**

based on the book *Half-Truths* by Adam Hamilton  
shared by Rev. Mary Etta Mest

If you have small pieces of paper handy, write these words - one word per paper or card: handle, God, given, you, all, been, help, that, will, you’ve

Now try to arrange them so they form a sentence. Thanks! Compare your new sentence with the title of this article.

The original verse which prompted this false assurance was about temptation. I Corinthians 10:11,7,12-13 includes, “But God is faithful. He won’t allow you to be tempted beyond your abilities. Instead, with the temptation, God will also supply a way out so that you will be able to endure it.”

Somehow, you know how facts become twisted, the word “temptation” became lost and also we don’t believe that God gives us bad experiences to the point that we can’t handle them and then God stops!

Think about the difference between “And lead us not into temptation” compared to “Let us not fall into temptation.” James 1:13 says, “God is not tempted by any form of evil, nor does God tempt anyone.” We also believe that God leads us away from temptation onto the right path. Mind you, God does not force us onto the right path. We have a choice.

BUT, since this saying “God does not give us more than we can handle” morphed into a phrase that some of us say to ourselves and to others and we believe it applies to all kinds of experiences - the refrigerator stops working, a family member is in a car accident with serious injuries, we get a pink slip at work, and on top of that there is this ugly virus changing everyone’s life. Can you handle of this without breaking? Can I? No, no! God should have stopped way back with the refrigerator!

Something is wrong here. We believe that God did NONE of this. It happens. These happenings are not spread evenly - not by time and not by person. Why is this? This is the puzzle of the centuries. But, think. We have these resources:

Psalm 23: “Yea though I walk through the shadow of death (darkness or trouble), I will fear no evil. Thy rod and thy staff they comfort me.”

The whole truth is that scripture does not promise a carefree life to us. Scripture does promise that whatever comes our way, God is waiting to help us pass through it. 1 Peter 5:7 says, “Throw all your anxiety onto him, because he cares about you.”

Another promise can be claimed in Psalm 46:1-2, “God is our refuge and strength, a help always near in times of great trouble. That’s why we won’t be afraid when the world falls apart, when the mountains crumble into the center of the sea.”

Lesson: Instead of saying “God won’t give you more than you can handle” we can try saying “How can I help you?” “We shall love the Lord our God with all our heart, soul, mind, and strength and we shall love each other as much as Jesus loves us!” (Mark 12:29-31 and John 13:34-35) It is all about love.

Does your small-paper sentence look like this?

“God will help you handle all that you’ve been given.”