



BUMPER STICKER THEOLOGY

SESSION 1 - GOD WON'T GIVE YOU MORE THAN YOU CAN HANDLE

SERIES BIG IDEA

This series takes a look at some familiar Christian axioms as we ask the question, “Is it Biblically sound or just sound Biblical?”

MESSAGE BIG IDEA

God will help you handle all you’ve been given.

SCRIPTURE

1 Cor 10:13; Psalm 46:1-3; John 16:33; 1 Peter 5:7

ICE BREAKER

Share a time you prepared for a race/competition, took on a project at work or started a project at home that was more than you could handle.

OPENING THOUGHT

All of us have heard (or said) familiar Christian axioms that try to communicate wisdom in a few memorable phrases. These are the sayings we find on bumper stickers sold at the local Christian bookstore. “God won’t give you more than you can handle.” “God helps those who help themselves.” “Everything happens for a reason.” “God is my co-pilot.” What has been your experience with these types of sayings?

BIBLE DISCUSSION

1. Read I Corinthians 10:13. In what ways can you see how this Bible verse relates to our Bumper Sticker Theology: “God Won’t Give You More Than You Can Handle”? Where do you see that it differs?
2. Read John 16:33. Summarize what you just read in your own words.
3. Read Psalm 46:1-3. Who does the Psalmist believe is our refuge and strength? Where, in your life, do you act like you are your own refuge and strength?

LIFE APPLICATION

4. Share a time when someone told you “God Won’t Give You More Than You Can Handle” while you were going through a difficult time. How did it make you feel?
5. On a scale of 1-10, how peaceful are you in your life? Where in your life do you need the peace to which Jesus refers?
6. A way of stating the promise of 1 Corinthians 10:13 is to say: God will help you handle all you’ve been given as you depend on him and his people. Where in your life do you need some healthy dependence on God and others?

CHALLENGE

Read 1 Peter 5:7 as a group and discuss how you can help one another this week to cast your anxiety upon Jesus. Close the group in prayer.