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No temptation has overtaken you except what is common to mankind. And 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 so that you can endure it.

**1 Corinthians 10:13 (NIV2011)**

My guilt overwhelms me—it is a burden too heavy to bear.... I am exhausted and completely crushed. My groans come from an anguished heart.

**Psalms 38:4, 8 (NLT)**

<sup>33</sup> He took Peter, James and John along with him, and he began to be deeply distressed and troubled. <sup>34</sup>“My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.” **Mark 14:33-34 (NIV2011)**

### **Why God Allows You To Have More Than You Can Handle**

- So you'll depend on His \_\_\_\_\_

“But that is the time to be careful! Beware that in your plenty you do not forget the LORD your God and disobey his commands, regulations, and decrees that I am giving you today.

**Deuteronomy 8:11 (NLT)**

“In my distress I called to the LORD, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry.... When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple.”

**Jonah 2:2, 7 (NIV2011)**

The LORD is near to all who call on him, to all who call on him in truth.

**Psalms 145:18 (NIV2011)**

- So you'll experience His \_\_\_\_\_

<sup>9</sup> 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. <sup>10</sup> That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

**2 Corinthians 12:9-10 (NIV2011)**

<sup>26</sup> And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. <sup>27</sup> And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will. <sup>28</sup> And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

**Romans 8:26-28 (NLT)**

### **My Next Step Today Is To...**

- Call out to God for \_\_\_\_\_ who is in a difficult season right now, asking God to be their help and strength.
- Admit that I’m in a difficult season right now, so I’m giving my weakness to Christ asking for his presence and power to be at work in and through me.
- Meditate on and/or memorize 2 Corinthians 12:9
- Give my life to God, receiving forgiveness for my sin and the beginning of a new life in Jesus.