



“God won’t give you more than you can handle” can be such a discouraging statement when you’re in a season where you feel like you’re drowning in life. Let’s look together at the verse that so many misconstrue, and see what it really has to say for our lives.

Read 1 Corinthians 10:1-13

What is the history in v1-10 that Paul is warning about?

What can we learn from v.12 in our present day?

What might be categorized as idols in 2023?

In the context of v.1-12, how should we read v.13?

Read it again: 1 Corinthians 10:13

Many people quote this verse in the context of suffering...that God won’t give us more than we can handle in our lives. But a careful read of this passage tells us that Paul is talking about temptation, not suffering. How does the verse in Proverbs connect with these three verses in Matthew?

What is the difference between temptation and suffering?

What is the difference in human involvement in both temptation and suffering?

Why do these differences matter in how we read this passage?

Write v.13 in your own words. What is Paul truly communicating in this verse?

Prayer:

Father, thank you for being the one true God that never fails, and who is always ready to forgive when we stray. Help us to place you firmly on the throne of our lives and hearts. Help us to learn from our own mistakes, as well as the mistakes of others, both in life and in biblical history so that we can break free from those destructive cycles. And thank you for your faithfulness in always providing an alternative choice when we are tempted to put something else above you in our lives. Help us to consistently choose you. In the name of Jesus, amen.



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