



May 3, 2026 | God Won ' t Give You More Than You Can Handle
Marty Rietgraf, Discipleship Pastor | 1 Cor. 10:13; 2 Cor. 1:8-9

SERMON NOTES

3 unhealthy, unbiblical ASSUMPTIONS:

#1: Everything I experience is GIVEN FROM GOD.

*GOD is carrying out His plan.

*SATAN is trying to disrupt God ' s plan.

*We live in a fallen and broken WORLD.

*OTHERS ' actions impact me.

*MY actions impact me.

#2 I ' m ALONE in my challenges.

#3 Outcome: God ' s going to FIX THE SITUATION.

2 Scenarios:

Scenario #1: A THORNY Situation: TRIALS (2 Corinthians 12:7-10)

*The Trial: A THORN?

*Paul ' s Prayer: TAKE it away!

*God ' s Answer: My GRACE is sufficient, My POWER will rest on you!
(See 2 Corinthians 1:8b-9, Isaiah 40:29 and 2 Corinthians 1:3-4)

Scenario #2: A STICKY Situation: TEMPTATIONS

See 1 Corinthians 10:13, Hebrews 2:18 and Hebrews 4:15-16

Strategy:

1) Look to JESUS!

2) EXERCISE caution!

1 Huge GIFT Bag: See 2 Peter 1:3 and Ephesians 3:16-21

Jesus gives you ...

His PRESENCE, His POWER, His LOVE

His PEACE, His WISDOM, His JOY, His HOPE

His ARMOR

“ I can do everything through HIM who gives me strength! ” (Philippians 4:13)

GOING DEEPER

Take a moment to pray. Confess your need for the Holy Spirit 's help in illuminating God 's Word to you.

Which of the three assumptions mentioned do you struggle with the most?

Think of a challenge you are going through. With the help of the Holy Spirit what factors might be behind it and how can He help you respond?

Read 2 Corinthians 12:7-12. Share a thorny situation you 've gone through. What parts of Paul 's story do you connect with? How did you experience God 's grace and power? How has He been able to use that challenge in your life and in the lives of others?

Read 1 Corinthians 10:13. Share a sticky situation you 've experienced. How did God show His faithfulness to you? Read Hebrews 2:18, 4:15-16. How are you able to have victory in the midst of temptation?

What is your responsibility in the area of temptation? (Psalm 119:9-11, 1 Timothy 6:6-12, 2 Peter 5:6-9, James 4:4-10)

Look up the verses below. What gifts does God give us in Jesus and how can they be a great resource when we are going through either trials or temptations? Ephesians 3:16-21, Philippians 4:6-7, James 1:2-5, 1 Peter 1:3-9, Ephesians 6:14-18. (Are there other gifts and verses that have strengthened you?)

UPCOMING



Baptism Class | June 7th (10:30am) or June 8th (6:30pm) | RSVP online or in app
Summer Student event calendar is out! Find it at: ehope.org/students
VBS registration opens to all on June 1st. Watch your email for more info!