

# HALF TRUTHS

*Things the Bible Doesn't Say*

**“Half Truths” by Pastor Adam Hamilton**

## **Session 3: God Won't Give You More Than You Can Handle**

October 20, 2024

4:00 PM

### **Opening Activity – “The Continuum”**

*I know you're going through a tough time right now. You feel like you're sinking. The burden is too heavy. You don't know how much more you can bear. But it's going to be all right. You're going to make it through. Remember, God never gives us more that we can handle.*

Think about situations in your own life, either past or present, that have been difficult or painful. Notice the two signs on the walls – “Very Helpful” and “Very Unhelpful”. With those experiences in mind, I want to invite you to line up along the continuum according to how helpful you would have found the words just read in providing comfort.

- Why are you at that spot on the continuum?
- If willing, what is the situation that you are holding in your mind?

## **Session 3 “Half Truth”: God won't give you more than you can handle.**

### **Opening Prayer**

*Faithful God, we give thanks for your presence in our good times and our bad times. Guide us as we explore more deeply your nature and your enduring love for us. In the name of Jesus Christ, who knew what it is to be human. Amen.*

## Session 3 Video – “God Won’t Give You More Than You Can Handle”

- Hamilton states that God is not testing you through difficult circumstances to see how much you can handle, but instead God promises to help you handle all that you’ve been given. By what means does Hamilton suggest God comes alongside us in those situations?
- Hamilton observes that the promise of Scripture is not that we will never experience dark and difficult times. What then is the promise of Scripture? When have you experienced painful and difficult times, and how has God helped you?
- How, if at all, does changing the position of the punctuation in the Lord’s Prayer as Hamilton suggests alter its meaning for you?

### Scripture Focus...

**(1) 1 Corinthians 10:13 – this is the verse that is commonly cited as the scriptural basis for today’s half truth.**

But let’s look at the real context of the passage...

- **1 Corinthians 10:1-22**
- **“Context and Origin” – pages 80 – 87**
- In the 1<sup>st</sup> century, what did the saying “to live like a Corinthian mean”?
- Hamilton contends that this passage is not about facing adversity, but about something else. What is it?
- Paul tells the Corinthians that their experience of being tempted is not unique. What does Paul say about the experience of temptation – for the Corinthians and for us?

## **Book Study and Discussion...**

### *Exploring Temptation*

- Temptation comes to me in the form of...
- Hamilton contends that it is not God who tempts us. Do you agree or disagree? Why?
- He also observes that God tries to put up speed bumps and roadblocks to remind us that we're on the road to temptation and it is time to choose a different path. Has this been your experience? If so, can you describe what the result was?

### *Examine the Half Truth and the Better Promise*

- Revisiting the new stories from Session 1, do you believe that God gave people the horrible, painful, hurtful experiences in the news accounts or the examples of such experiences from your own life? If God didn't cause them, how do you account for them?
- Insurance companies label natural disasters (and some other events that result in damage to property and loss of life) as "acts of God". Would you say the events we looked at – the hurricanes, the terrorist bombings in the Middle East, the drug cartel deaths in Mexico, etc. – are "acts of God"? If not, what would be a better way to describe them?
- The words of Scripture don't say that bad things will not happen to us. What do the words of Scripture affirm instead?

### **Scripture Focus – Psalm 46:1-2**

- What does this passage say about the Half Truth?

## Book Study – Woman and Her Stretcher Bearers – pages 94-96

- Three years after her son's suicide, the woman posted a note on FB telling how she had survived this trauma with God's help. What does she mean when she refers to "stretcher bearers"? Who have been your stretcher bearers in times of trauma and sorrow?
- Though he might experience the pain of a traumatic event for the rest of his life, Hamilton maintains faith that, at some point, joy will overshadow pain. Have you found this to be true in your own life experiences?

One of the ways that we can help evaluate our own experiences of loss, pain, and trauma, is to keep a list of ways in which we can give thanks to God. Write down ways that God is helping you cope, and give thanks to God as He guides you along this journey of healing.

### **Closing Thoughts...**

Each week, we have been coming up with phrases or statements that would be better to hear than the half truth that we are focusing on. What statement would be better than, "God won't give you more than you can handle."

Let's read Romans 8:35, 37-39 to help us.

Allow the following prompt to help jog your ideas...

*I know you're going through a tough time right now. You feel like you're sinking. The burden is too heavy. You don't know how much more you can bear...*

## **Closing Prayer...**

Let's close in prayer...

*O God, how grateful we are for the way you walk with us in every moment of our lives. In those moments when we're tempted and tested, help us remember that we can resist and that you make a way out of temptation. You give us the strength we need when we turn to you. Lead us, not into temptation as we would go, but in your path and away from evil.*

*When we walk through difficulty and adversity, help us remember that these burdens did not come from you, but that you have said you would help us bear them. Thank you for people who come along our path and help carry us through those challenging times. Help us have eyes to see those around us who need your help – and to see how we might be instruments of your help for them. How grateful we are, O God, that you are our refuge and strength, an ever-present help in times of trouble. Therefore, we will not fear, even when our world seems to be falling apart. Amen.*

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**“Half Truths” by Adam Hamilton**  
**Session 4 – God Said It, I Believe It, That Settles It**  
**Sunday, October 27 4:00 PM**

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