

God Time Day 1: God Won't Give Me...



Read 1 Corinthians 10:13  
*No temptation has come upon you except what is common to humanity. But God is faithful; he will not allow you to be tempted beyond what you are able, but with the temptation he will also provide the way out so that you may be able to bear it.*

Underline the statement after “But God is faithful.”

While this passage addresses temptation, many people have misused it to apply to any kind of difficulty. The truth is that God often gives us more than we can bear on our own, so that we must rely on Him.



Tell God how you feel about this true news. Remember that His plans are always for your good. What was the result of this prayer time?

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God Time Day 2: Paul's Despair



Read 2 Corinthians 1:8-9  
*<sup>8</sup> We don't want you to be unaware, brothers and sisters, of our affliction that took place in Asia. We were completely overwhelmed—beyond our strength—so that we even despaired of life itself. <sup>9</sup> Indeed, we felt that we had received the sentence of death, so that we would not trust in ourselves but in God who raises the dead.*

Circle the last six words of verse 8.

Does this description of Paul's difficulty sound like it was more than he felt he could bear?

Underline the last half of verse 9.



In your own words, write why God allows such trials:

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God Time Day 3: The Banks of the Red Sea



Read Exodus 14:10-14  
*<sup>10</sup> As Pharaoh approached, the Israelites looked up and there were the Egyptians coming after them! The Israelites were terrified and cried out to the Lord for help. <sup>11</sup> They said to Moses, “Is it because there are no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us by bringing us out of Egypt? <sup>12</sup> Isn't this what we told you in Egypt: Leave us alone so that we may serve the Egyptians? It would have been better for us to serve the Egyptians than to die in the wilderness.” <sup>13</sup> But Moses said to the people, “Don't be afraid. Stand firm and see the Lord's salvation that he will accomplish for you today; for the Egyptians you see today, you will never see again. <sup>14</sup> The Lord will fight for you, and you must be quiet.”*

Just imagine these former slaves in the grip of fear as they are about to be recaptured! They had already suffered great punishment for even asking to leave and now – how much worse will it be for actually leaving?

Read again what they say in the second sentence of verse 12.



Does that sound like they trust God very much? \_\_\_\_\_

In verse 13, who will bring about their salvation? \_\_\_\_\_

In verse 14, is there any effort they must make? \_\_\_\_\_

When we face seemingly overwhelming challenges, a false sense of security in worldly things like a regular income, social acceptance, or feelings of self-accomplishment is stripped away. We can then choose to be just like the Israelites: ready to go back to our old ways, or choose to risk moving forward with God.

Knowing that sometimes God does give us more than we can bear for His good purposes is important news to know so that we can choose to respond in faith instead in fear.



Write an affirmation (good news) of God's faithfulness on a notecard and put it where you can see it daily.

God Time Day 4: The Greatness of God



The whole point of rejecting the fake news that God will not give us more than we can handle is to affirm our confidence in the greatness of God rather than our abilities. Read the following passages explaining God's greatness when we are facing great challenges:



2 Corinthians 1:9b - *...so that we would not trust in ourselves but in God who raises the dead.*

Exodus 14:18 - *The Egyptians will know that I am the Lord when I receive glory through Pharaoh, his chariots, and his horsemen.*

Exodus 15:11 - *Lord, who is like you among the gods? Who is like you, glorious in holiness, revered with praises, performing wonders?*

Psalms 35:10 - *All my bones will say, "Lord, who is like you, rescuing the poor from one too strong for him, the poor or the needy from one who robs him?"*

Psalms 71:19 - *Your righteousness reaches the heights, God, you who have done great things; God, who is like you?*

Romans 8:15 - *For you did not receive a spirit of slavery to fall back into fear. Instead, you received the Spirit of adoption, by whom we cry out, "Abba, Father!"*

Romans 8:31 - *What, then, are we to say about these things? If God is for us, who is against us?*



Rewrite the passage which best speaks to you.

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Anytime you begin to feel anxious and overwhelmed, remind yourself of this good news: there is nothing greater than God's faithfulness and His love for you.

God Time Day 5: Step in the Water; Raise Your Hands



When the Israelites were terrified of the Egyptian army catching up to them at the shores of the Red Sea, God commanded them to pack up and start walking towards the water. He told Moses to lift his staff and stretch out his hand over the sea. In the same way, rather than becoming paralyzed with fear, we need to take active steps toward the good God has promised so that our faith can be realized.



Read 2 Corinthians 1:10-11

<sup>10</sup> *He has delivered us from such a terrible death, and he will deliver us. We have put our hope in him that he will deliver us again* <sup>11</sup> *while you join in helping us by your prayers. Then many will give thanks on our behalf for the gift that came to us through the prayers of many.*

Underline how the Christians in Corinth would help Paul face his challenges (beginning of verse 11).



Read Hebrews 10:39 (CEV)

*We are not like those people who turn back and get destroyed. We will keep on having faith until we are saved.*

What is the opposite of turning back?

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Read 1 Peter 5:6-7

<sup>6</sup> *Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time,* <sup>7</sup> *casting all your cares on him, because he cares about you.*

Put a **box around** the attitude we need to adopt in verse 6

**Circle** the action Peter then tells us to take in verse 7.

As you face challenges, commit to press forward the difficulty and raise your hands to God.



Surrender yourself to God's faithful care and praise Him His greatness. That's good news.



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