



**Things God Never Said - pt 1**  
**"How Much Can I Handle?"**  
**Sunday, 2/22/2026**

**5-Day Devotional: When Life Is More Than We Can Handle**

**Day 1: The Truth About Temptation**

**Reading:** 1 Corinthians 10:13; James 4:7

**Devotional:** God promises that no temptation will overtake us beyond what we can endure, and He always provides a way out. This isn't about our strength—it's about His faithfulness. Temptation requires our participation; we must open the door for sin to enter. Like Joseph fleeing from Potiphar's wife, we need to recognize God's exit ramps and run toward them without hesitation. The key is humbling ourselves before God first, then resisting the devil. When we invest ourselves in God and allow Him to invest in us, we gain the power to resist. Today, identify one temptation you're facing and look for the exit ramp God has provided. Don't wait—run through it.

**Day 2: Beyond Our Ability to Endure**

**Reading:** 2 Corinthians 1:8-10

**Devotional:** Paul, who wrote about enduring temptation, also wrote about facing circumstances that crushed him beyond his ability to endure. He expected to die. This reveals an important truth: God will allow hardships in our lives that are greater than we can handle on our own. Why? So we stop relying on ourselves and learn to rely only on God. Hardships aren't the same as temptations. We don't invite most hardships into our lives, yet they come. The heart attack we cannot fix, the loss we cannot undo, the pain we cannot bear alone—these drive us to complete dependence on God. That's not weakness; that's wisdom. What burden are you trying to carry alone today? Release it to the One who can bear it.

### **Day 3: God's Presence in Our Weakness**

**Reading:** Psalm 46:1-3; Isaiah 41:10

**Devotional:** God never promised we wouldn't face overwhelming circumstances. He promised something better: He would be with us through them all. When we misunderstand Scripture to mean "God will never give you more than you can handle," we place ourselves at the center of the story. But the true gospel message is that there is nothing God cannot handle, and He is always present with us. His strength is made perfect in our weakness. When we acknowledge we cannot bear the weight alone, we open ourselves to experience His supernatural provision, rescue, and presence. This builds genuine confidence—not in our ability to endure, but in His faithfulness to sustain us. Where do you need to exchange self-reliance for God-reliance today?

### **Day 4: Building Confidence Through Rescue**

**Reading:** 2 Corinthians 1:10; Psalm 34:17-19

**Devotional:** Paul declared that God rescued him from mortal danger and would rescue him again. This past deliverance built confidence for future trials. When we experience God bearing weights we cannot carry, when we witness His intervention in impossible situations, our faith deepens. We learn to trust not because life gets easier, but because we've seen God prove faithful. Each hardship we surrender to Him, each impossible situation where He provides, becomes a memorial stone of His faithfulness. These experiences prepare us for the next challenge, not with presumption that it will be easy, but with assurance that He will be present. Reflect on a past situation where God rescued you. How does remembering His faithfulness strengthen your confidence for today's challenges?

### **Day 5: Living in Total Reliance**

**Reading:** Proverbs 3:5-6; John 15:4-5

**Devotional:** Both temptation and hardship serve the same ultimate purpose: to bring us into total reliance on God. With temptation, He provides the exit and the strength to resist. With hardship, He bears the weight we cannot carry. In both cases, victory comes through dependence on Him, not confidence in ourselves. Jesus said apart from Him we can do nothing. This isn't discouraging—it's liberating. We weren't designed to navigate life's temptations and trials alone. We were created for intimate relationship with a God who walks beside us, who opens doors, who lifts burdens, who never leaves or forsakes us. Today, practice bringing everything to Him—not just the big crises, but the daily decisions, the small temptations, the minor frustrations. Learn to abide in Him continually.