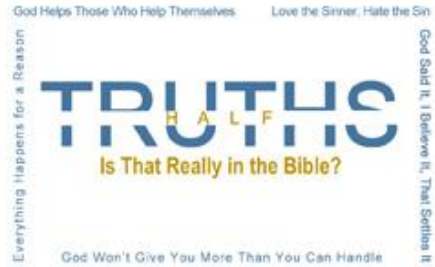


**Crossroads Daily Guide
Week of April 24, 2016**

God Won't Give Us Any More than We Can Handle



Sunday, April 24, 2016

1 Corinthians 10:13 (CEB) No temptation has seized you that isn't common for people. But God is faithful. He won't allow you to be tempted beyond your abilities. Instead, with the temptation, God will also supply a way out so that you will be able to endure it.

Reflection: The origin of the half-truth is almost certainly this verse, but the context of the Apostle Paul's writing is very specific. He was explicitly talking about temptation, not trials or burdens. The people were struggling with temptation to go back to serving false gods. It was a very live issue for the Corinthian Christians. Paul said that no temptation could force them to sin, to abandon their devotion to God. He did not say all life situations are within our power to "handle." What powers and pressures today can push you to compromise, abandon or hide your commitment to Christ? Can any of them leave you with no choice but to give up your faith?

Breath Prayer: Inhale: *In all my struggles...* Exhale: *You are there to help me.*

Monday April 25, 2016

James 1:16 – 17 (CEB) Don't be misled, my dear brothers and sisters. Every good gift, every perfect gift, comes from above. These gifts come down from the Father, the creator of the heavenly lights, in whose character there is no change at all.

Reflection: When faced with difficulties, have you ever heard someone say, "Why is God doing this?" Based on these verses in James, do you believe that God is the source of bad things that happen to us? The Bible clearly tells us over and over again that God is the source of all good things that come to us. Our human existence is filled with challenges. They are natural part of life. The greater truth in this particular half-truth is that regardless of what we face, God is always right there to help us overcome. How difficult is it for you to hold on to this truth?

Breath Prayer: Inhale: *In all my struggles...* Exhale: *You are there to help me.*

Tuesday April 26, 2016

Numbers 11:10 - 11, 14, 16 – 17 (CEB) Moses heard the people crying throughout their clans, each at his tent's entrance. The Lord was outraged, and Moses was upset. Moses said to the Lord, "Why have you treated your servant so badly? And why haven't I found favor in your eyes, for you have placed the burden of all these people on me? I can't bear this people on my own. They're too heavy for me. The Lord said to Moses, "Gather before me seventy men from Israel's elders, whom you know as elders and officers of the people. Take them to the meeting tent, and let them stand there with you. Then I'll descend and speak with you there. I'll take some of the spirit that is on you and place it on them. Then they will carry the burden of the people with you so that you won't bear it alone.

Reflection: In this powerful story Moses is completely overwhelmed with the burdens of leadership. He cries out to God in despair that it is more than he can handle. God's compassionate response to Moses rings true for us today in many circumstances. God introduces Moses to the concept of shared leadership. He teaches Moses that many burdens, which are impossible to bear alone, become quite manageable when we are part of a community to share those burdens. This requires active engagement on our parts. Who are those people who

are closest to you, who share your burdens and walk with you through all your trials and afflictions? If you are not part of a supportive community what holds you back from joining with one?

Breath Prayer: Inhale: *In all my struggles.* Exhale: *You are there to help me.*

Wednesday April 27, 2016

2 Corinthians 12:7 – 10 (CEB) I was given a thorn in my body because of the outstanding revelations I've received so that I wouldn't be conceited. It's a messenger from Satan sent to torment me so that I wouldn't be conceited. I pleaded with the Lord three times for it to leave me alone. He said to me, "My grace is enough for you, because power is made perfect in weakness." So I'll gladly spend my time bragging about my weaknesses so that Christ's power can rest on me. Therefore, I'm all right with weaknesses, insults, disasters, harassments, and stressful situations for the sake of Christ, because when I'm weak, then I'm strong.

Reflection: In this scripture we see the Apostle Paul as being fully human. He is honest and vulnerable in admitting weakness and affliction. He is trying in his own understanding to find a reason for his suffering so he chooses to see that perhaps this will help him stay humble and be able to empathize with the challenges of others. But, he does not ever say his affliction is from God. Instead, he declares that he is okay with all the things he has to endure; he sees that even in his weakness he knows there is strength. Do you tend to be honest and vulnerable about your struggles, or do you feel ashamed and try to hide them? How can admitting your vulnerabilities become an opportunity for your faith to grow? What do you think the Apostle Paul meant when he said, "When I'm weak, then I'm strong"?

Breath Prayer: Inhale: *In all my struggles...* Exhale: *You are there to help me.*

Thursday April 28, 2016

Romans 8:38 – 39 (CEB) I'm convinced that nothing can separate us from God's love in Christ Jesus our Lord: not death or life, not angels or rulers, not present things or future things, not powers or height or depth, or any other thing that is created.

Reflection: How easy is it for you to believe that nothing can separate you from God's love and presence in your life? What kind of trials and troubles in life tend to make you feel the most overwhelmed and perhaps separated from God? What practice(s) do you engage with that gives you confidence that God is right there with you when you face life's greatest challenges?

Breath Prayer: Inhale: *In all my struggles...* Exhale: *You are there to help me.*

Friday April 29, 2016

Hebrews 1:1-3 (CEB) In the past, God spoke through the prophets to our ancestors in many times and many ways. In these final days, though, he spoke to us through a Son. God made his Son the heir of everything and created the world through him. The Son is the light of God's glory and the imprint of God's being. He maintains everything with his powerful message.

Reflection: These beautiful verses remind us that rather than God speaking to us from a distance, through the gift of Jesus, God came right here to be with us, to walk with us, to bear our burdens with us, to be the ever present God who never leaves us. This is the ultimate proof of God's great love for humanity that God came to be with us now and forever. We are never alone. When was the last time you felt the nearness of God's presence?

Breath Prayer: Inhale: *In all my struggles...* Exhale: *You are there to help me.*

Saturday April 30, 2016

2 Corinthians 4:8-9 (CEB) We are experiencing all kinds of trouble, but we aren't crushed. We are confused, but we aren't depressed. We are harassed, but we aren't abandoned. We are knocked down, but we aren't knocked out.

Reflection: One thing that stands out in these verses is that the writer speaks of “we” and not “me.” It implies the solidarity that we talked about on Sunday in worship. We will experience trouble – all of us will. But, when we stand together in strength, believing that God is always with us in every situation, then we can stand with each other affirming that we aren't crushed, we might be confused, but we will help each other not to be depressed. We may be harassed but we are never abandoned. Down, but not out. When we reach out to each other with true God-like empathy we extend our hands and hearts to each other creating healing bonds by which we are all strengthened. If you needed to share a trial with someone who would it be? Why that person? How would feel if someone chose you to share a trial in his/her life? Without saying, God won't give you more than you can bear, how would you help him/her?

Breath Prayer: Inhale: *In all my struggles...* Exhale: *You are there to help me.*