

# URBAN LEGENDS

Week 2:  
More Than You Can Handle



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# More Than You Can Handle

## Introduction

Do you know someone who's seen Bigfoot's tracks? What about Nessie in Loch Ness? Of course, almost every child has learned that there really are alligators in the sewer.

You know how it goes: someone sees something and tells someone else, who then tells someone else. On and on it goes, until it's hard to separate fact from fiction.

This doesn't just happen with alligators and Bigfoot ... it happens with spiritual truths as well. Join us each week as we separate fact from fiction and debunk spiritual myths.

## Feeling Overwhelmed

Moses said, "Where can I get meat for all these people? They keep wailing to me, 'Give us meat to eat!' I cannot carry all these people by myself; the burden is too heavy for me." (Numbers 11:13-14)

What the Bible actually says: "God is faithful. He will not allow you to be tempted beyond what you can bear. But when you are tempted, He will also provide a way out." (1 Corinthians 10:13)

## More Than You Can Handle

God will often allow you to have more than you can handle.

Moses said, "If this is how You are going to treat me, put me to death right now ...." The Lord said to Moses, "Bring Me seventy of Israel's elders ... and I will take of the Spirit that is on you and put the Spirit on them. They will help you carry the burden so that you will not have to carry it alone." (Numbers 11:15-17)

## When You Have More Than You Can Handle

### 1. Put something \_\_\_\_\_

"Martha, Martha, you are worried and upset about so many things. But only one thing is necessary. Mary has chosen what is best, and it will not be taken away from her." (Luke 10:41-42)

Learn to say " \_\_\_\_\_ " instead of " \_\_\_\_\_ ."

Instead of adding to your "To Do" list, maybe you should add something to your "To Don't" list.

## 2. Hand something \_\_\_\_\_

“Moses, what you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you. You cannot handle it alone.” (Exodus 18:17-18)

“That will make your load lighter, because they will share it with you... you will be able to stand the strain, and all these people will go home satisfied.” (Exodus 18:22-23)

## 3. Give something \_\_\_\_\_

God said, “My grace is sufficient for you. My power is strongest when you are weak.” (2 Corinthians 12:9)

“Cast your cares upon the Lord and He will sustain you...”  
(Psalm 55:22)

When the heat is on ... Remember Polycarp. Hold up one finger and say, “His grace is enough.” Then hold up two fingers and say, “More than enough!”