

That's Not What It Says

Week One Family Devotion: More Than You Can Handle

This week our church is talking about something a lot of us have heard: "God won't give you more than you can handle." It sounds nice, but it's not actually in the Bible! Here are six short devotions your family can do together, one each day — a story, a question to talk about, something to try, and a prayer.

SUNDAY

Too Heavy Alone

1 Corinthians 10:13 (paraphrase)

"God is faithful. When you're tempted to do the wrong thing, God always gives you a way to get through it."

Remember the box from church today? One kid alone could barely lift it — but when friends helped, it was easy! God doesn't promise our problems will always be small. God promises we won't have to carry them by ourselves.

Talk About It:

What is something that feels heavy or hard for you right now — big or small?

Try This:

Find something a little heavy at home. Try to lift or carry it alone, then try again with a family member helping. Notice the difference!

Pray Together:

God, thank you for people who help us carry hard things. Amen.

MONDAY

It's Okay to Say "This Is Too Much"

2 Corinthians 1:8–9 (paraphrase)

"We were so weighed down that we didn't think we could keep going. But that's what helped us stop trying to do it all by ourselves, and trust God instead."

Even Paul, who wrote a big part of the Bible, said things got so hard he didn't know if he could keep going. He wasn't in trouble for saying that — saying it honestly was actually a good thing.

Talk About It:

Have you ever felt like something was “too much”? What did you do?

Try This:

Practice saying out loud, together as a family: “It's okay to say something is too hard.” Notice how it feels to say it without being afraid.

Pray Together:

God, help me be honest when things feel too hard, instead of pretending I'm okay. Amen.

TUESDAY

Telling God We're Sad

Psalm 13:1–2 (paraphrase)

“God, how long will this feeling last? I have sadness in my heart every day.”

This is a real prayer from the Bible — someone telling God directly that they're sad and it's been going on a long time. God didn't get upset at them for saying it. God let them say exactly how they felt.

Talk About It:

What's a feeling you've had this week that you haven't told anyone about yet?

Try This:

Draw a picture of how you're feeling right now. It's okay if it's not a happy picture.

Pray Together:

God, I can tell you how I really feel. Thank you for always listening. Amen.

WEDNESDAY

Friends Hold Us Up

Exodus 17:11–13 (paraphrase)

“As long as Moses held up his hands, his side kept winning. When his arms got tired, two friends, Aaron and Hur, held his arms up for him until the sun went down.”

Moses' arms got so tired he couldn't hold them up by himself anymore. Instead of giving up, his friends stood on each side and held his arms up for him — for hours! That's what friends and family are for.

Talk About It:

Who is someone who has “held your arms up” when you were tired or struggling?

Try This:

Stand back-to-back with a family member and try to sit down and stand up together, leaning on each other for balance. That's teamwork!

Pray Together:

God, thank you for people who help hold me up. Help me help others too. Amen.

THURSDAY

A Rope of Three Strands

Ecclesiastes 4:9–12 (paraphrase)

“Two people are better than one. If one falls, the other can help them up. And a rope made of three strands is very hard to break.”

One thin string breaks easily. But braid three strings together, and it gets strong! God made us to be braided together with other people — family, friends, and church — so we're stronger together.

Talk About It:

Who are your “three strands” — the people who help you feel strong?

Try This:

Braid three strings, yarn, or strips of paper together to make a bracelet or bookmark. While you braid, name three people who help make you stronger.

Pray Together:

God, thank you for braiding people into my life who make me stronger. Amen.

FRIDAY

Come As You Are

Matthew 11:28–30 (paraphrase)

“Come to me, all of you who are tired and carrying heavy things, and I will give you rest.”

Jesus doesn't say “get it together first, then come to me.” He says come exactly as you are — tired, upset, unsure — and he'll give you rest. That's true at church too. Everyone is welcome exactly as they are.

Talk About It:

What does “rest” look like for you when you're feeling tired or worried?

Try This:

As a family, take five quiet minutes before bed tonight just to rest together — no phones, no talking, just being still.

Pray Together:

God, thank you that I don't have to be perfect to come to you. I come just as I am. Amen.