**I can Take it!**

So we have been using Job as our case study of sorts the last few weeks. Job was someone that had it all and lost it through no fault of his own. Job’s response to the calamity that was happening in his life was the reason that he was able to get through it but furthermore allowed him to regain all that he lost.

The message this past Sunday touched on how we should respond in difficult times or seasons of loss. So in this bible study we will take a deeper dive into how we should respond and discuss some things that will help us better weather the storms of life.

One of our (people) biggest mistakes when it comes to dealing with difficult times is our lack of understanding of what the Bible says and how to use Scripture and how it applies to our lives. Or we turn to other things not God, we will turn to our friends or family members other things to help us cope (Alcohol, drugs, food, people etc)

**Psalms 121:1‭-‬2 NLT**

**I look up to the mountains— does my help come from there? My help comes from the Lord , who made heaven and earth!**

1. In times of trouble or when calamity strikes who or what do you habitually turn to?

**Proverbs 18:21 NLT**

**The tongue can bring death or life; those who love to talk will reap the consequences.**

1. In what ways have you spoken against God’s promises for your life?

We have all heard the scripture that says that God won’t put more on you than you can bear! The problem with that scripture is that is not a scripture at all!! So we are speaking the wrong things over our lives in that particular situation, but furthermore we are placing ourselves in the position of having to bear whatever the weight is rather than where it should be...GOD!! We have a habit of trying to be the HERO of our story rather than allowing the Author of the story to be the HERO

**Matthew 19:26 NLT**

**Jesus looked at them intently and said, “Humanly speaking, it is impossible. But with God everything is possible.”**

The world has removed God from just about everything, to the point where we have taken on a hero mindset. That mindset has created a scenario that we are left to deal with difficult times without God and bearing the weight of the moment and it's proving to be too much for us individually and as a society.

1. What areas of your life are you trying to handle versus allowing God to handle?
2. Why have you not turned over control to God?

The only way we can “Take it” is by realizing that its not for us to take, it's not for us to handle its on God. It’s not for us to provide, it’s on God (He’s our provider). We have to understand who God is, which is why its so important that we read the Word to understand what the Bible says about who God is...It’s because we don’t understand who He is that causes us to place ourselves in His position/place. Children understand this well, to a child their parents are Superman and Superwoman. They go to their parents about everything and let the parents figure it out

**Philippians 4:6 NLT**

**Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.**

Notice the last part of this verse says to thank Him for what he has done...showing your gratitude for what God has done is an important aspect of this process

**1 Peter 5:7 NLT**

**Give all your worries and cares to God, for he cares about you.**

Take a moment and think about all of the things you care about…

Have you given all of your cares to God? If not, why?