

Dealing With It: When Life Feels Heavy

November 1 & 2, 2025

All Bible passages are quoted from the New International Version of the Bible unless otherwise noted.

“I’m carrying too much, but I can’t stop”

2 Corinthians 1:8–11 | ⁸ We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. ⁹ Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. ¹⁰ He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, ¹¹ as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many.

- 1. Stop wearing your BUSYNESS like a badge of honor.**
- 2. Let TRUSTED people walk with you.**
- 3. Quit trying to FIX what God is calling you to SURRENDER.**

**NEXT STEP: Identify something you’ve been carrying alone.
Involve God and a trusted friend.**

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Further Study & Discussion Questions

Getting to Know You:

1. What's something in your life right now that feels heavier than it should?
2. When life gets stressful, are you more likely to push harder or shut down? Why do you think that is?

Quick Review:

1. Paul describes being “under great pressure, far beyond our ability to endure” (**2 Corinthians 1:8–10**).

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How do you relate to that description?

2. What do you think it means to “rely on God who raises the dead” in your current season of stress or exhaustion?

Digging Deeper:

1. Read **Psalm 55:22**.

Psalm 55:22 | Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

What does it look like to “cast” your cares? Why is it so hard to let go?

2. Read **2 Corinthians 12:9–10**.

2 Corinthians 12:9–10 | ⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. ¹⁰ That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Paul says God’s power is made perfect in weakness.

How does admitting weakness open the door to God’s strength?

3. What are some practical ways to recognize when you’re carrying too much?

Putting It Into Practice:

1. This week’s message challenged us to “identify something you’ve been carrying alone.” What’s one specific burden you can begin to bring to God and a trusted person?
2. Who in your life can walk with you — not to fix your problems, but to help you carry them?