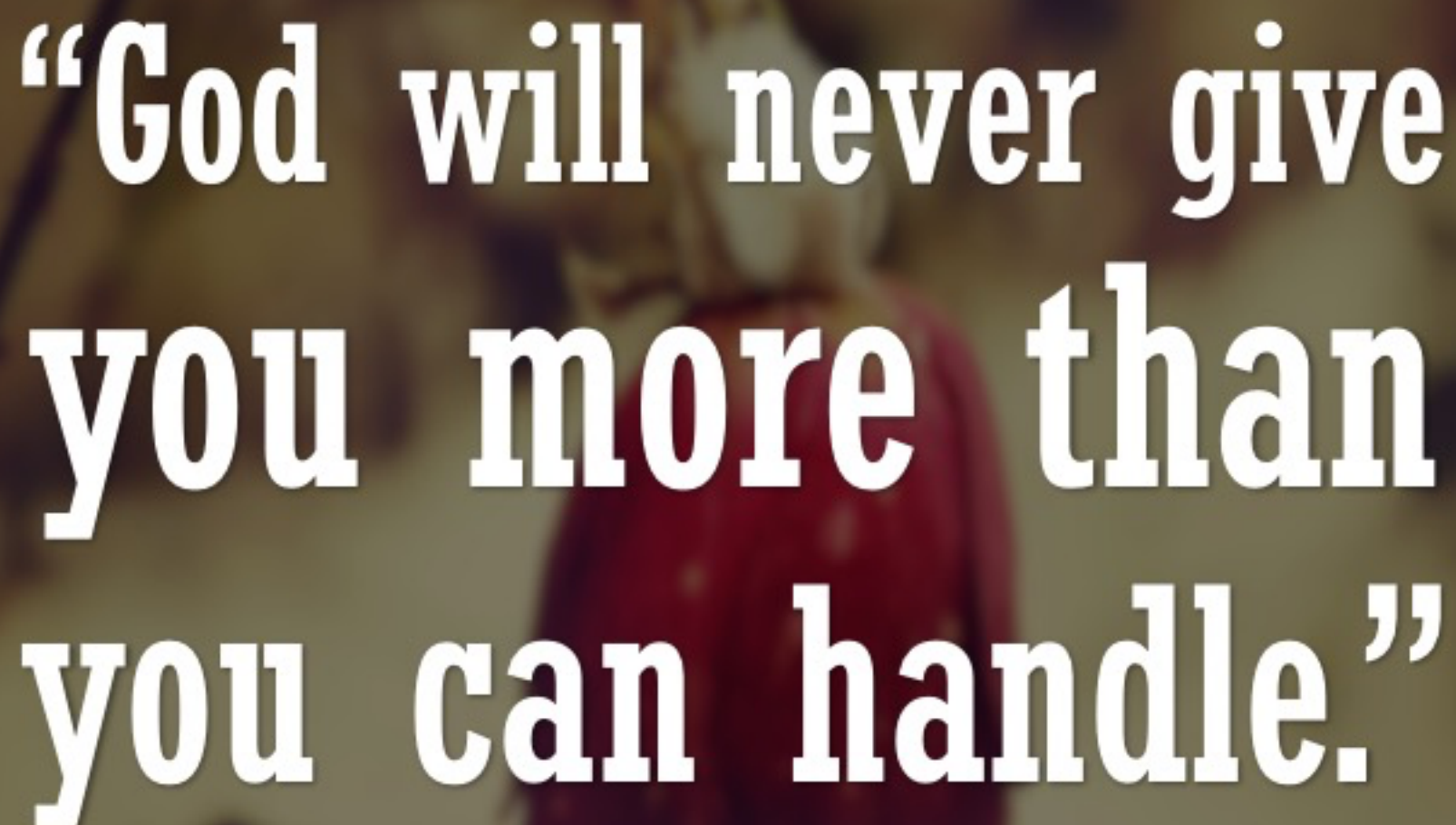








**SIT IN THE PAIN**



**“God will never give  
you more than  
you can handle.”**



# FIRST CORINTHIANS 10:13

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- **It is exactly because we CANNOT handle everything on our own that God provides the way of escape – not confrontation.**



A person wearing a red shirt is seen from behind, carrying a large, dark, heavy-looking object on their back. The background is a blurred, natural setting with trees and foliage. The overall tone is somber and emphasizes the weight of the burden.

**SOME BURDENS ARE  
TOO HEAVY TO BEAR**

**2 CORINTHIANS 1:8-9  
& PSALM 38:4-8, 10**



# MATTHEW 11:28-30



# SORRY COMFORTERS



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- "Sorry comforters" push convenient falsehoods on the suffering (16:1-3, 21:34).





# **SIT IN THE PAIN**

**MARK 14:32-42, MATTHEW 26:36ff, LUKE 22:39-46**



