

Can Theme – Be all you CAN Be

DEVOTIONAL/LESSON STARTERS & WORKSHOP IDEAS

Add in your own points, illustrations, explanations, and relating Bible verses.

It's All in the Can

"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world." 1 John 4:4

As I get older, I am convinced that life is all about the "can" and not the "can'ts". I have learned from experience that if I focus too much on how I can't do something, I tend to fail. Or if I do something with that "I can't do this" attitude, I end up doing it in a half-hearted way. The result usually isn't very good.

Looking at the "can'ts" can drain us of our confidence.

Take a look with me at three different things and I hope it will inspire you to look on the positive side of things. I've found studying these things have made me view things with a different outlook.

1. What man can't do and what man can do.
2. What God can't do and what God can do.
3. What sin can't do and what sin can do.

Man

What man can't do

- Man can't add to his height. (Luke 12:25)
- Man can't serve two masters. (Luke 16:13)
- Man can't take anything with them when they die. (1 Timothy 6:7)
- Man can't do anything without Christ. (Philippians 4:13; John 15:5)

What man can do

- Man can believe in the Lord. (John 3:15,16)
- Man can resist temptation. (1 Corinthians 10:13; James 4:7)
- Man can have the faith to move mountains. (Matthew 17:20)

- Man can do all things through Christ. (Philippians 4:13)

God

What God can't do

- God can't be anything other than what He is. (2 Timothy 2:13; Hebrews 13:8)
- God can't lie. (Titus 1:2)
- God can't fail. (Jeremiah 32:17)

What God can do

- God can forgive sin. (Luke 5:21)
- God can heal. (Matthew 4:23)
- God can calm the storms. (Mark 4:41)
- God can do anything. (Mark 10:27)

Sin

What sin can't do

- Sin can't please God. (Romans 8:8)
- Sin can't win. (1 Corinthians 15:54-58)

What sin can do

- Sin can bring death. (Romans 5:12; Romans 6:23;)
- Sin can tempt a Christian. (James 1:14, 15; 1 Corinthians 10:13)
- Sin can enslave you. (John 8:34)

All in all, we can do things that we thought we maybe never could because we have a great and wonderful God and that is where we can draw our strength. The Lord gives us a way to make our "can'ts" into "cans". God is greater than man and God is certainly greater than sin.

I love that verse in 1 John 4:4

"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world."

I have such a great and powerful God and I carry Him with me everywhere I go. He can help me say, "I can!" because I know that He can. That gives me a better outlook in life. It gives me an up-look.

Just Can't Take it Anymore!

Learning to trust God in able to move forward. Learning to give everything over to our great God Who *can take it!*

- Jonah - When he was in that whale, he really couldn't take it anymore.

"When my soul fainted within me I remembered the LORD: and my prayer came in unto thee, into thine holy temple." Jonah 2:7

- Judas - He couldn't take it anymore and hung himself (Matthew 27:3-5)

And he...went and hanged himself." Matthew 27:5

- Elijah – You have to read through both 1 Kings 18 and 19 to really see what is going on in Elijah's life. But even after doing great things for God, this man got discouraged, sat under a juniper tree, and wanted to die.

"But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers." 1 Kings 19:4

- Job – He went through it all. I couldn't even take a little of what Job took. The Bible says that in all that happened to him that Job didn't sin (Job 1:22; 2:10), but that doesn't mean that he didn't get discouraged.

In Job 3:11, he wonders why he didn't die in childbirth. In Job 10:1, he talks about how he loathes his life. He is "weary" of it.

I think Job 3:26 sums it up for a lot of people when they feel like they just can't take it anymore. They feel afraid, troubled, and uneasy. And their soul just isn't quiet.

"I was not in safety, neither had I rest, neither was I quiet; yet trouble came."

Sometimes the trouble keeps coming and you just can't take it anymore! That's when we need to turn to Jesus and lean on Him more. We have to learn to see that He is the God that "can take it"!

Look at Job's adjustment in his outlook after He considers who God is.

"Then Job answered the LORD, and said, I know that thou canst do every thing, and that no thought can be withholden from thee. Who is he that hideth counsel without knowledge? therefore have I uttered that I understood not; things too wonderful for me, which I knew not. Hear, I beseech thee, and I will speak: I will demand of thee, and declare thou unto me. I have heard of thee by the hearing of the ear: but now mine eye seeth thee. Wherefore I abhor myself, and repent in dust and ashes." Job 42:1-6

That's from the man who just didn't even think he should have been born.

We have a God who *can take it* when we are feeling overwhelmed and when we just feel like we *can't take it anymore*.

- Psalm 34:18
- Psalm 91: 1-2
- Psalm 61:2
- Matthew 6: 34
- Psalm 23: 4
- Psalm 139: 14
- Joshua 1: 5
- Galatians 6: 9

More Ideas:

- *Greater is He* – Building a deeper faith by trusting in what God can do through you. Allowing the Lord to use us for His glory. You CAN because God is greater! (1 John 4:4)
- *Under CANstruction* - Building your life with the "I cans" instead of "I can'ts" and "God can" instead of "God can't".
- *Canned Fruit* – What are you canning up and putting away? How much Fruit of the Spirit are you showing? What steps do you go through to make sure you have a good crop of it to share with others?

- *Can of Worms* – Being vigilant about what sin can do to you. Example: The Prodigal Son (Mark chapter 5) Putting your armor on to keep out sin. (Ephesians 6)
- *Anything You Can do, God Can do Better!* – Knowing that God has a perfect plan for us. Trusting in God and following His direction instead of our own. Proverbs 3:5,6; Jeremiah 29:11
- *I Know I Can! I Know I Can!* – Take a lesson from the *Little Engine That Could*. Remember how Moses thought he *couldn't*? (Exodus 4:10)
- *Recycled* – God can take any life, no matter the circumstances or what that person has been through, and still use them for His glory. Look at the Apostle Paul.
- *Nothing is Impossible* – Focusing in on the God of the Possible. Luke 1:37. *God can!*
- *What Faith CAN do* – Moving mountains with our faith. Matthew 21:18-22
- *You CAN Run but you CAN'T Hide!* – Study the story of Jonah trying to run from God. How many times do we do the same thing? “But Jonah rose up to flee...” Jonah 1:3 You can't hide from God. Hebrews 4:13; Proverbs 5:21

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