



“Help”

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INTRODUCTION

We probably all have people who have helped us through life —encouraging us, giving us advice, mentoring us and looking out for us. The fact is, no matter how smart, strong, or good we are, there will be times when all of us need help. So, where do you go for help? **Who’s helping you through life? And who are you helping?**

DISCUSSION QUESTIONS

1. When you look back on your life, what two or three people can you point to who helped you and shaped your life?
2. Read Psalm 121; Psalm 46:1, and Isaiah 41:10. Why is God the first and most important person we can and should go to for help? What kind of help do you see here that He provides?
3. What is one example in your life where you had a significant need, and you asked God for help? What happened? Tell your story.
4. What **is one area/situation in your life where you need God’s help today?**
5. Read Ecclesiastes 4:9-10 and Proverbs 15:22. Think of every area of your life — relationships, parenting, work, finances, decision-making. Who (if anyone) is helping you in each of those areas? In what areas do you need to ask for help?
6. Read Proverbs 27:17. What experience, skill or passion do you have that can help **someone else? How could using that gift change someone else’s life?**
7. What are you doing to a) grow your faith, and b) sharpen your **skills...so you’ll be ready to help someone else in their time of need?**
8. When have you experienced the blessing of helping someone in need?

CHALLENGE

This week, take stock of your relationship with God, and your relationships with people in your life. Identify one way you can turn to God for help. Identify those people you can turn to as advisors in different areas of life. Then, think of your answer to question #6 (above), and identify 1-2 people who you could help through your own life experience or gifts. Pray for an opportunity to help that person this week.

COMMIT TO MEMORY

I lift my eyes up to the mountains —where does my help come from? My help comes from the Lord, the Maker of heaven and earth. **Psalm 121:1-2**

PRAYER

Share prayer requests (see #4 above) and pray for one another.