



Journey Group Lesson for “Letting Him Help You” – January 15, 2012

Getting Started

Do you like to ask for help? Why or why not?

Do you have a story of a time you needed help, but didn't ask for it? Or maybe, someone did help you and it made a big difference.

Digging Deeper

Read Mark 9:14-27

In verse 22, the man says “But **if** you can do anything...”, do you ever approach God with that mindset? Why?

In this passage of Scripture, Jesus helps the father overcome his unbelief by healing his son. How does God help us overcome our unbelief today?

Read John 5:1-9

The lame man at the pool used the excuse that he had no one to help him into the water. What excuses do we use today in regards to our relationship with Jesus?

Jesus often changed people's lives through healing them physically. How does God help us change today?

Bringing It Home

Greg said that God loves us and wants to help us, but we must surrender to His power. What does that mean to you?

Why do we resist change in our spiritual lives?

Pray that we will be open to God “helping” us in our lives. Pray that you would surrender to His power.