

SERMON-BASED LIFE GROUP DISCUSSION GUIDE

Date of Message: February 2, 2019

Speaker: Brian Henry

GETTING STARTED:

- 1) When was the last time you asked someone for help and for what?
- 2) Where have you wasted time/money/opportunity because you didn't ask for help?

MESSAGE BIG IDEA: Six Words that can Change your life - Help

MAIN SCRIPTURE: Matthew 7:7-11, James 4:1-3, Psalms 121:1

DISCUSSION

- 1) Why do we have trouble asking others for help?
- 2) Do you find it harder to ask for help or to ask others if they need help? Why?
- 3) How may Adam & Eve's "fall" in the garden of Eden may have played out different, if they would have asked for help?
- 4) When is a request too trivial or insignificant to ask for God's help?

DIG DEEPER (Other scriptures?)

- 1) Read Matthew 6:9-13. In what ways does the Lord's Prayer address our need for help?
- 2) Read Ecclesiastes 4:9-12. What are the benefits of helping one another?
- 3) Read Isaiah 30:19. How does God respond to cries for help?
- 4) What did the Apostle Paul mean when he said, "...when I am weak, I am strong?" You experienced such?

BRING IT HOME

- 1) In what ways does asking others for help affect our relationship with God?
- 2) How does asking out of weakness make us stronger?

ASK FOR GOD'S HELP

- 1) ... to recognize the areas in your life where you need help and identify other people that can help.
- 2) ... to remember that we are weak but God is strong and ask that He help us walk closer with Him.
- 3) Pray the suggested prayer every day: "Lord I need your help today. Help me humbly accept your help and from the helpers you have already planned and prepared around me."