



WEEK TWENTY-THREE

HELPER

Day 1

1. Begin your study time with prayer and read Psalm 54:4. What does it mean that someone is a helper?
2. What are some stories in the Old Testament that you can think of where God helped someone or a group of people?
3. Who or what do you typically seek out when you are overwhelmed or in need of help?
4. On a scale of 1-5 (1=never, 5= always), how often do you reach out to God for help? Explain your answer.
5. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (ex: bathroom mirror, desk, bedroom, backpack, etc)

Memory Verse:

“ Behold, God is my helper; The Lord is the sustainer of my soul.”

-Psalm 54:4

I'm praying about:

Day 2

1. Begin your study time with prayer and read Psalm 121.
2. Where does help come from according to this psalmist? What are some other names or characteristics used to describe God in this psalm?
3. How does the promise that God "will not allow your foot to slip" (vs 3) provide comfort to you in current circumstances?
4. How can you balance the promise of protection from "all evil" (vs 7) with the reality of living in a broken world?
5. Write out this weeks memory verse below.

Day 3

1. Begin your study time with prayer and read Daniel 6.
2. What decree was made and why?
3. How did Daniel respond to the decree being signed? Who did Daniel ask help of (hint:vs 11)?
4. What happened to Daniel for disobeying the decree? How did God help Daniel? How did King Darius respond in seeing God help Daniel?
5. Write out this weeks memory verse below.

Day 4

1. Begin your study time with prayer and read Matthew 14:13-21.
2. How did Jesus help the people in this section of Scripture?
3. The disciples almost missed this miracle because their initial response was to send people away. When faced with overwhelming problems, do you look at the obstacle or at Jesus' ability to intervene? Explain your answer.
4. How can you better help serve people physically and spiritually, just as Jesus taught and then fed the people? (Jesus always paired meeting a physical need with spiritual truths)
5. Write out this weeks memory verse below.

Day 5

1. Begin your study time with prayer.
2. Read John 14:16-17, 26. When Jesus leaves, who does He promise to send in His place to help guide His followers? What are some other names Jesus uses to describe this person?
3. Read Romans 8:26-27, Romans 15:13, Galatians 5:16-18, & 1 Corinthians 2:10-13. What are some ways the Holy Spirit helps Christ followers?
4. How have you seen the Lord help you in your life? Take some time for reflection and gratitude as you think about what He has done.
5. Write out this weeks memory verse below.