

Lesson 5

Embracing Help from Others

Excited Humility

Introduction

The reluctance to allow others to help us as we age is often rooted in the desire to remain independent. Acknowledging our increasing dependency on others is an admission of our own growing limitations. Our journey on Earth begins with us being very dependent on others. As we grow, we become more independent. Then, as we grow old, we become more and more dependent once again.

Perhaps it would help if we considered reframing our perspective on the latter stage of our earthly journey. Consider it a time when our younger friends and family are simply helping us to rest and prepare for the greatest get-away travel experience of a lifetime. The help they offer reflects their shared excitement for our future trip.

Choose between these two visions:

1. To see ourselves as old, living in a worn-out body and an increasing burden to family and friends..... OR
2. Old? Yes. Tired? Yes. But excited as we make final preparations for a trip of a lifetime....To an unbelievable, most enjoyable paradise trip.

For some of us, the waiting line ahead is short. For others, the line may be longer. Whichever line we are in, may we treasure the conversations with others as we get closer to the departure gate.

May our conversations be about the anticipation of our destination.

May they be about how blessed we are to have friends and family here, willing and desiring, to help us prepare for the paradise trip. May we never stop praising our Father and Lord for making such a trip possible.

Activities

Define: Humility _____

Define: Pride _____

Related Bible Verses:

(See verses on pg 18)

Key points for class discussion:

1. Three of the most powerful phrases to connect with others:
 - a. "I Need Your Help"

- b. “Can I Help You?”
- c. “Are You OK?”

Your thoughts on Rejecting Help:

Sometimes, we may ask God for help and then wait for His answer.

In the meantime, someone comes by and asks if they can help, and we say, “No, thanks—I got it.” Do we ever consider that the one who offered to help us was God’s answer to our prayer? We had just asked God for help—He sends help—and we reject it. We just rejected God’s answer. What might be the underlying reason?

Jesus wanted to wash Peter’s feet. Peter refused the offer. What did Jesus say?

Applications:

Write up your own “**HELP WANTED**” or “**SERVICES OFFERED**” classified ad for those seeking such an opportunity.

My prayer for humility to either ask for help, or offer mine to others.

Dear Lord, _____

Today’s Bible Verses

- **1 John 3:16-17** - By this we know love, that He laid down his life for us, and we ought to lay down our lives for the brothers. But if anyone has the world’s goods and sees his brother in need, yet closes his heart against him, how does God’s love abide in him?
- **Mark 2:3-4** - Some men came, bringing to him a paralyzed man, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on.
- **Mark 8:22-23** - They came to Bethsaida, and some people brought a blind man and begged Jesus to touch him. He took the blind man by the hand and led him outside the village.
- **Luke 3:11** - John answered, “Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.”

Be the reason someone **smiles** this week . . . **Offer to help them.**

Be the reason to give someone **purpose** this week. . . **Ask for help.**

Some other verses you found about giving or receiving help