



### **“A Help We All Need”**

**There is something in all of us that strives to be independent. We want to be seen as strong, capable, and the one others come to for help. In this week’s message we see that Christianity teaches that we were designed to depend on God and other people for help and when we do we find strength to navigate this broken world.**

1. In your experience do you view asking someone for help as a weakness or a strength? Share with the group why you view it the way you do.
2. In what ways do you strive to be a helper for others instead of the one that needs help?

### **Read Psalm 121:1-2**

3. In what ways have you experienced real help from God for your circumstances?
4. Do you personally think going to God for help is enough or do you see value in asking someone else to help you navigate the things you can’t?

**Genesis 2:18 says: “The Lord God said, ‘It is not good that man should be alone; I will make a helper comparable to him.’” God created us to need Him and each other.**

5. Share with the group a time when someone in your life helped you navigate decisions, a mistake you made, or difficult circumstances.

6. Have you ever been hurt by others in a time of need? In what ways does that still surface when you want to reach out to someone for help?

**Galatians 6:2 says: “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”**

7. Christianity teaches that we were meant to carry other people’s burdens and have our burdens carried by others. What do you think this looks like in your life?

**Read Ecclesiastes 4:8-12**

8. In what ways do you need to take a risk and allow others to help you instead of being the one that helps others?

9. What do you think will happen if you trust God and truly let others into some areas that you need help navigating? Is there a step you need to take to trust God by letting someone help you?

10. In what ways could your dependence on God and others help create a safe community for yourself and other people?

**The world around us will try to tell us that we don’t need others but Christianity teaches that when we depend on God and others we find strength and help to navigate this broken world.**