



SEASON 6
LEADER GUIDE

WEEK 3: HELP

Ice Breaker

Would you rather eat anything you want and never gain weight or never have to pay for food the rest of your life?

Watch the Video

| Read Psalm 121

The people of God would journey to Jerusalem for various festivals throughout the year. This psalm seems to be intended to instill confidence in those making a pilgrimage to Jerusalem to worship. The person on pilgrimage to Jerusalem might lift up their eyes to the hills on the journey and be aware of the vastness of their world and all the various kingdoms that claim to having power and authority. Where does help come from? Is it from these human forces? Of course not! The psalmist proclaims the one who helps is the one who created all of it!

| Read John 1:9-14

The people who were waiting for the Messiah did not recognize Jesus when he arrived. They were looking for a different kind of help, a different kind of Messiah. It seems as if they were unaware of the kind of rescue they actually needed.

Discussion Questions

| Tell about a time when you needed help, but the help you received was not the kind of help you were expecting.

| How might the ways Jesus wants to help us be different than our own ideas of help?

Spiritual Discipline Application

| Prayer | Take time this week for intentional prayer. Ask the Lord to soften your heart and open you up to the kind of help he wants for you.

Praises and Prayer Requests

Make a list of what everyone in the group can be praying for throughout the week.