

TALK IT OVER

Help

BOTTOM LINE

You need others and others need you. Get help and give help.

CONVERSATION STARTER

What job do you have to do before winter that you would love to have help with?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [Asking for help is a strength, not a weakness](#) by Michele L. Sullivan (12 min.)

KEY VERSES AND QUOTES

Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important... Each one of you must take responsibility for yourself. Galatians 6:2-3, 5 NLT

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken. Ecclesiastes 4:9-12 NLT

"Every day God allows us to carry more than we can handle. It's called life, and we are called to look to Christ and our community to help us through it."

"We live in a world that prioritizes self-reliance and self-sufficiency."

"Many of the decisions you regret could have been avoided had you been willing to ask for help."
– Quotes by Dwight Mason

TALK IT OVER

Would you rather ask for help or give help? Why? In what area is it most difficult for you to request help? Individualism and isolation are in opposition to God's design for interdependence. Discuss. Which of the reasons people won't ask for help are most relatable to you? Pride, vulnerability, independence, losing control, fear of rejection. How do you work to overcome your resistance? Recognizing that I need help is the beginning of everything. Make a simple ask: "Would you be open to helping me?" Have you done this? If so, what have you learned? Humility is the courage to admit you need help and are willing to learn from others. How is humility required even to receive help from God? Can you share a time when you humbled yourself, asked for help, and found it grew and changed you?

ACTION STEP

I have avoided asking for help in this area for too long: _____

I will humble myself and ask God for help and then will ask for human help in this way: _____