

Week #1

1 Corinthians 10:12-13

Icebreakers:

Share a time when you needed help and refused to ask for it.

Think of another time when you needed help and immediately asked for it.



Discussion Questions:

1. What is one of the main reasons we do not ask for help? Those with children, do you see any similarities when your children do not ask for help?
2. Serious problems, simply assistance or just to be better are three notions when asking for help. Which of the three is the easiest for you? Which is the most difficult?
3. Are there certain things you believe others will say, think or believe about you if you ask for help? Explain.
4. Based upon your own experiences, why do people see asking for help as a sign of weakness? Why not a sign of strength?
5. Garrett said, "Sin doesn't play favorites. Temptation comes to us all." If that statement is true, then why is it such a shock to learn of someone's sins or mistakes?
6. Group Assessment: If you needed help, would you ask this group for help? Explain.

Next Steps:

1. Ask yourself or pray to God this week: *What's an area of my life that needs help?*
2. Prayer Requests.

God is our refuge and strength, an ever-present help in trouble. — Psalm 46:1