

# S W E O V R E D N S

## Part 4: Help

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**Today's word is help.**

**This series in a nutshell: Use your words.**

### **Ecclesiastes 4:9-12**

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

### **Two Simple Questions**

#### **1. Who is helping you?**

Plans fail for lack of counsel, but with many advisers they succeed.

– Proverbs 15:22

#### **Advisers should be:**

Humble

Competent

Courageous

Wise (common sense and spiritual wisdom)

#### **2. Who are you helping?**

Carry each other's burdens, and in this way you will fulfill the law of Christ.

<sup>3</sup>If anyone thinks they are something when they are not, they deceive themselves. <sup>4</sup>Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, <sup>5</sup>for each one should carry their own load. – Galatians 6:2-5

#### **Helpers should be:**

Humble

Available

Not enabling

Doing their own work

## **The most important kind of help:**

I lift up my eyes to the mountains—  
where does my help come from?  
My help comes from the Lord,  
the Maker of heaven and earth.

He will not let your foot slip—  
he who watches over you will not slumber;  
indeed, he who watches over Israel  
will neither slumber nor sleep.

The Lord watches over you—  
the Lord is your shade at your right hand;  
the sun will not harm you by day,  
nor the moon by night.

The Lord will keep you from all harm—  
he will watch over your life;  
the Lord will watch over your coming and going  
both now and forevermore.

– Psalm 121

## **What keeps us from asking for help?**

Pride

Asking for help feels weak

I don't want to bother anyone

I don't think I deserve it

**This week, use your word... *help*.**

## **Small Group Questions**

- 1) What's the first thought that comes to mind when you hear the word help?
- 2) Share a time when you needed help and someone came through and truly helped you.
- 3) Why do you or don't you ask for help? Read Ecclesiastes 4 (yes, the whole thing!). What is God's word telling you about asking/offering help?
- 4) What emotions does Psalm 121 spark in you? How does God's character reveal itself in this psalm?
- 5) Do you have an adviser in your life? How have they qualified themselves to you and why do you trust their wisdom?
- 6) How can we pray for you right now and throughout the week?