



Simple Words: Help

Matt VanCleave
October 16, 2022

GROUP ICE BREAKER

Tell a story of a time in which you were able to help someone!

REVIEW LAST WEEK'S NEXT STEPS

What, if any, next step did you commit to last week, how did it go?

- I will read through the promises of God and claim them in my own life.
- I will be God's yes to the people in my life this week.
- I will say yes to people with my words, eyes and body language.
- I will include people this week, making way for them.
- I will serve this week as if I'm serving the Lord.
- I will give myself fully to the work of the Lord.
- I will live with joy this week because every one of God's promises is yes.

THIS WEEK'S SERMON RECAP

Join us this week as we continue our series Simple Words, with a message on the word help. The truth is, we all have areas or things in our lives that we need help with, and yet it takes a lot more courage to say the word help than it does to hide, pretend, deny and act like we don't need help. We all know we need help, but we don't always know how to say the simple word, help.

But what if help isn't just a word? What if it was actually a prayer necessary for our spiritual formation?

In the Bible, we see God described as "my help" or "my helper." Characters like Mary ask Jesus for help, an act of prayer. In seeing God as a helper and in exercising the word help as a prayer, we can confess what we need, transforming our lives as we walk into Christ-centered living.

The central truth of the message this week and why this little word help has the power to change your life is this — we're made to live in continual dependence on God in the context of surrender. This relationship of joyful dependence, which can look like weakness, is actually life and strength. Join us this week as we look at how we can better engage with God as we seek help.



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DISCUSSION QUESTIONS

1. Matt begins the sermon this week with a funny story of a time in which he refused to ask for help while driving. Have you ever found it hard to ask for directions? If you haven't, have you ever driven with someone who has a hard time asking for directions?
2. There is a link between asking for help and vulnerability. How do you think the two intertwine?
3. Why do you find it difficult to ask for help in things in your life?
4. Read Hebrews 13:6 out loud. How does this verse make you feel when you think about asking for help? What does it teach you about the character of God?
5. Matt notes, "We are made to live in continual dependence on God in the context of surrender and interactive friendship. This relationship of joyful dependence, which can look like weakness, is actually life and strength." What do you think about this? How does this align with your relationship with God? How does this challenge you and your relationship with God?



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6. Matt reveals how the wedding story in John 2:1-11 teaches us how to build our lives around continually saying 'help.' Read the story out loud. What phrase or idea sticks out to you?

7. How is Mary's conversation with Jesus a prayer for help?

8. Mary replies to Jesus by telling the servants to 'Do whatever He tells you.' Matt notes that we are a "do whatever He tells you" church. What does that mean to you?

9. The servants do what Jesus tells them, and they fill the jars. They do not just fill the jars a little, they fill them to the brim so that they are full. Matt adds that, 'When we serve with a "fill it to the brim" spirit, we're the ones who get to be part of the miracle. We're the ones who get to see the water turned into wine.' What does it look like to be a part of the miracles of Jesus?

10. Those at the wedding experienced a miracle, they drank from the sweet wine that Jesus had changed. They experienced something extraordinary, all because someone prayed for help. What thing do you need to have a prayer for help for this week? How can your community support you in your prayer for help?

