SMALL GROUP QUESTIONS

WEEK:

GOAL OF TONIGHT

Help students see how God's story intersects with their story and why that matters in their day-to-day life.

WELCOME & ICE BREAKER

True Confessions:
What is one area in your life that you know you need help with, but hate admitting that you need the help? (Ex. School, sports, relationships, dancing, how to have a cool Instagram…)

BIBLE PASSAGE

Psalm 46:1-3

QUESTIONS TO DISCUSS THE BIBLE VERSE

Asking for help can be a really difficult thing to do. We like to think that we have all the answers, all the information, and all the abilities to live our lives without help. But, the truth is that we all need help sometimes. Tonight, we will focus our conversation around the importance of asking for help.

What is the purpose of asking for help?

Is it difficult to ask for help? Why or why not?

When you are in trouble who do you naturally seek help from?

Has anyone ever asked you for help? How did that make you feel?

What stood out to you in Psalm 46:1-3?

What does it mean to our every-day lives that God is a " present help in times of trouble " ?

When we ask God for help how does that make us feel about ourselves?

What is a specific situation that pushed you to ask God for help?

LEADER INSIGHT

A great way to talk about the importance of asking for help is by talking about what they love to do but are not yet proficient in. Talk about the people they admire and what it takes to be like them.

APPLICATION SUGGESTIONS

Find the courage this week to ask for help from somebody about something.