

Sunday, October 7, 2018



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How to use Talk It Over:

Talking through the message during the week helps you turn what God is saying to you into action steps. Begin with the key questions and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.

Key Questions:

- How has your personality, upbringing or life experiences affected your ability to ask for help from others? From God?
- What in your life could change if you simply asked/allowed someone to help? What keeps you from asking/allowing?
- It is said if we want to really know what we think about “help” we should look at how we receive it, not how we give it. Do you agree? What could you do this week to allow yourself to ask for help and/or receive it?

Reading for this week:

Monday: Psalm 34:16-18

Tuesday: Romans 8:25-27

Wednesday: Isaiah 41:10-11

Thursday: 1 Thessalonians 5:24-25

Friday: 1 John 3:16-18