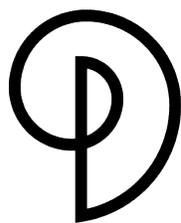


# SMALL GROUP STUDY GUIDE



**PRINCE  
OF PEACE**  
Called to Connect



## Asking For Help

*May 20 & 21, 2023*

Two-year-olds love to say, "I can do it myself!" Unfortunately, many adults never grow out of it! Sometimes pride keeps us from asking for help. Sometimes we fear being a burden to others. But doing life on our own is exhausting. We were made for community, and the body of Christ is built for interdependence.

### SCRIPTURE TEXT: EXODUS 18:13-26

Read the scripture text together as a group.

### BACKGROUND INFO

Moses had reluctantly answered God's call to lead the Israelites out of slavery in Egypt and into the Promised Land. While Moses was adept at herding sheep, leading thousands of people through the wilderness was more than he bargained for. And, as one author put it, it was easier getting the Israelites out of slavery than it was getting slavery out of the Israelites. They were so used to being slaves that they needed someone to tell them what to do and settle every disagreement. It was wearing Moses out. But all of that changed when Moses' father-in-law, Jethro, came to visit.

### DISCUSSION QUESTIONS

- Share a story about a time you needed help but were hesitant to ask for it.
- Tell about a recent disagreement you had with somebody and how you resolved it. Did it require the help of an unbiased perspective? Did you seek God's perspective?
- What are some other Bible stories that involve asking for help? What lessons can we learn from those stories? (See Mark 1:16-20, Matthew 14:28-31, Psalm 86, and 2 Timothy 4:9-13 for ideas to get started.)
- Why do so many of us choose exhaustion over sharing the load? Does a fear of appearing weak, a fear of rejection, and/or a fear of losing independence ever come into play for you? Share an example from your life, if applicable. What other fears stand in your way of asking for help?
- **We all need help.** Share about a load - emotional, relational, physical or spiritual - that you're currently carrying. How might this small group help share the burden?
- **Asking for help gives others the opportunity to serve.** Share about a time you were blessed by an opportunity to answer somebody's request for help.

**CHALLENGE:** This week, do one (or more) of the following: consider what help you need ... and ask for it; or offer yourself to be guided by the Spirit to help someone else.