

## CONNECT GROUP NOTES

### 'HOW TO FIND HELP WHEN YOU NEED IT'

Psalm 121

#### ICEBREAKER:

Over the last few weeks we have heard some classic songs as part of our live stream – ***What classic song really cheers you up when you hear it? or puts a skip in your step?***

One line if the lyrics of the Beatles song HELP say:

*"When I was younger, so much younger than today, I never needed anybody's help in any way"*

It seems that some people think this way, or at least do so on occasions.

- *Why is it that we might not always feel comfortable asking for help from somebody?*
- *When people are looking for help today, what are some of the people or places they might go to?*

The Psalmist is very clear that his ***help comes from the Lord...***

- *Can you illustrate a time when you knew without a doubt that God had helped you through a difficult time or situation?*
- *There is a saying in modern culture that 'the Lord helps those who help themselves' is that really true? If not what is wrong with it?*
- *Can you think of a scripture that encourages us to approach God when we need help?*
- *Can you think of reasons why we don't always look to God for help?*
- *What were the three ways from Psalm 121 that Stuart suggested God helps us?*
- *(He helps us stand securely – He watches over us attentively – He shields us personally)*
- *What have you personally discovered about the way that God help you as his child?*

Maybe you are going through something now and need God's help to strengthen you and guide you through.

Let's just pause for a moment and each individually and silently ask the Lord very simply to help us.

It may be as simple as saying:

**Lord Jesus please help me \_\_\_\_\_** (and you quietly filled the gap)

Now here is prayer for all of us.....

#### A PRAYER FOR HELP:

*O Lord, my God you are my refuge and my strength. You are my ever-present help in times of trouble. When it seems like my world is crumbling around me and I am thrown around by the storms of my life, take away my fear. When I am weak, you are my strength. When I am vulnerable, you are my refuge. When I cry for help, you will answer. Remind me Lord that you are always with me, you will never leave or forsake me. Through Jesus Christ, our Lord. Amen.*