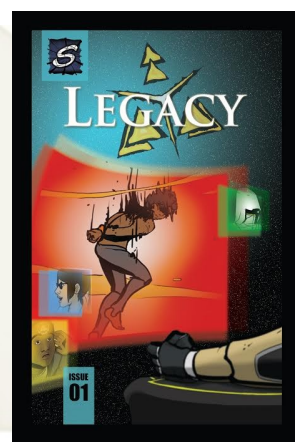


Heroes Wanted

by Derrick Whitmore



ENGAGE

- What makes a person a hero? What do they look like in today's world?
- If a hero is someone we can count on for help, why do we have trouble asking?



EXPLORE

We can't handle life on our own. That's not how we were created. We all need others we can rely on. And they need us.

READ Galatians 6:1-3

- How are we to help others?
- What cautions should we keep in mind with this?

READ James 5:13-16

- What is a key way we can find healing through hard times?

READ Psalm 121

- Where does our help come from?

READ Romans 5:6-8

ENCOUNTER

What are some situations people might go through where they would really benefit from asking for help?

What are some reasons people in these situations may not ask for help?

What are some dangers that can occur if a person doesn't seek help when they should?

EMPOWER

- What is one thing you are struggling with that you should seek help for? Are you currently getting help for that issue? If not, what is holding you back?
- List some of the positive people in your life (it doesn't have to be someone you know super well, maybe you just think highly of them because of their positive reputation with others).
- Who is one person from that list that you can share with this week and get some help and encouragement for whatever you may be going through?
- Can you think of someone who might need help now? What can you do to encourage them to seek help for their issue?

We all have a loving Creator who cares about the details of our life. And He is always willing to give us the help we need (whether through Scripture, prayer, a personal word, the experience of helping others, or receiving help from others) if we are willing to ask for help (James 1:2-8).

