

Introduction:

What was the last decision you made? Maybe it was what to eat, where to sit, or who to talk to. So many of our decisions seem small and inconsequential, but sometimes small decisions make all the difference. What was the last decision that changed your life? Where did that decision start: with a cup of coffee, a long walk, or maybe a single word? In this series, we will be talking about 7 words that can change your life. Today, that word is *'help.'*

Scripture:

John 2:1-7 - "On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him, 'They have no more wine.' 'Woman, why do you involve me?' Jesus replied. 'My hour has not yet come.' His mother said to the servants, 'Do whatever he tells you.' Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons. Jesus said to the servants, 'Fill the jars with water'; so they filled them to the brim."

For More, Read & Discuss John 2:1-12

Discussion Questions:

1. When have you been glad you asked for help?
2. Asking for help can keep a little problem from turning into a massive crisis. Knowing that, why do we still struggle so much to ask for help?
3. When you do ask for help, who do you ask?
 - Do you ever pray for help?
4. The wedding hosts in John 2 needed more wine & Jesus came through for them. What do you need to be asking Jesus for more of?

Take the Next Step:

So many of us struggle to ask for help in our physical lives and in our spiritual lives. We don't want to appear weak and we're not sure how to pray. In both cases, it's not what you say, it's who you say it to. Take a bold step this week: ask for help or say a prayer. Don't do it alone.